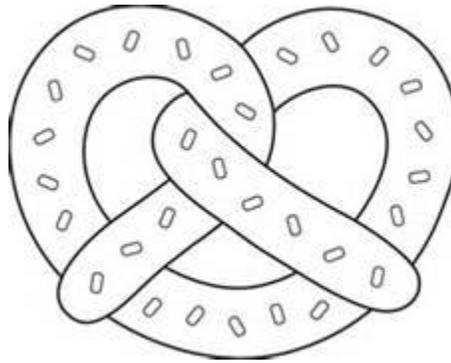


Homemade Soft Pretzels

Purpose	To prepare a fermented yeast product.	
Scientific Explanation	Yeast is a microscopic plant that requires moisture, food, and warmth to reproduce. Sugar acts as the food and is fermented by the yeast. Salt acts as an enzyme controlling the reproduction of the yeast.	
Equipment	Supplies/ unit- crust	Supplies/unit
Stand mixer with dough hook	3-4 c. bread or AP flour	1 c. HOT water
Measuring utensils	1/4 c. Whole Wheat flour*	2 tsp. baking soda
Instant read thermometer	1 pkg. Instant rise Yeast (2 1/4tsp.)**	
Wooden spoon	3/4 tsp. salt	Sea salt
Sharp knife	1 Tbsp. oil	Sugar-cinnamon
Parchment paper	2 Tbsp. honey	Canned Cheese Sauce for dipping
Custard cup	1 1/4 c. hot tap water	
Pastry brush		
**Don't use instant rise yeast if refrigerating pretzels overnight		
Procedure		
1. In <i>mixer bowl</i> : combine 2 c. flour, wheat flour, yeast, and salt ; stir with whisk attachment on mixer. Reserve remaining flour for kneading.		
2. In <i>1 c. liquid measuring cup</i> - measure warm tap water. Check temperature with instant read thermometer- 105-115 degrees F. Let to stand on counter if too hot. Stir in oil and honey ; add all at once to dry ingredients. Beat for 2-3 minutes.		
3. Change mixer attachment to J-hook. Add additional white flour 1/4 c. at a time - beat after each addition until dough leaves the side of the bowl and begins to form a ball.		
4. Turn dough out on lightly floured surface. Knead by hand for 3-5 mins. or until dough is smooth and firm. Let rest for 5 mins.		
5. Cut dough into 8 pcs. Roll each piece of dough into a long rope 15 in. long. Bring one end toward the middle forming a loop: crisscross ends forming a pretzel shape. Enlarge holes with fingers. Place on parchment covered baking sheet.		
6. Cover with plastic wrap and label with kitchen number and period. Remove from refrigerator 2 hours to let rise. -Omit step for block go to step 7		
7. In a small bowl, dissolved baking soda in hot water to dissolve. Brush pretzels with dissolved soda mixture. Sprinkle with sea salt for savory pretzels or sugar-cinnamon mix for sweet pretzels.		
8. Bake at 425 degrees F. for 10-15 mins. Or until lightly browned.		

Modified from: April, 1982 *Co-ed*, pg. 31 & *Choices*, April, 1989.
Scholastic Magazines.

Complete lab sheet and functions of ingredients chart.



Homemade Pretzels

Ingredient	Function in Recipe
Yeast	
Honey 	
Salt 	
Flour 	
Water 	

Process Question

Why are the pretzels brushed with baking soda/ water before baking ?