



Noreen's Kitchen

Homemade Soft Pretzels

Ingredients

3 cups all purpose flour
1 to 1 1/2 cups warm water
2 teaspoons granulated sugar

1 teaspoon salt
1 tablespoon instant yeast

8 cups water
2/3 cup baking soda

Step by Step Instructions

Preheat oven to 400 degrees

Prepare a baking sheet with a piece of parchment paper that you spray or wipe down with vegetable oil. Do not skip this step or your pretzels will stick like mine did.

Combine all ingredients in the bowl of your mixer, fitted with a dough hook and mix until a dough ball forms. If your dough is dry, add a bit more water, a tablespoon at a time and if your dough is too wet, add more flour a tablespoon at a time until the proper consistency is reached. Allow dough to knead in the machine for 5 minutes.

Remove the dough from the bowl and place it in a plastic bag. Allow the dough to sit for 30 minutes.

Deflate the dough and divide into 6 equal pieces. Roll each piece into a 15 inch rope and either twist into a pretzel shape or cut into nuggets.

Place 8 cups of water in a wide, shallow pan. Add 2/3 cup of baking soda and stir to dissolve. Bring baking soda mixture to a slow simmer.

Place the pretzels or nuggets into the simmering water bath for 30 seconds each, making sure to coat all sides.

Once the pretzels have been removed from the baking soda and water bath, place them on the oiled baking pan.

Sprinkle with salt.

Bake for 12 to 15 minutes or until golden brown.

Remove from oven and allow to cool on a baking rack.

Enjoy!