

SKILL LEVEL



PREP
40
MINS

PROVE TIME
60-90
MINS

BAKE TIME
18-25
MINS

MAKES
10

IN THE KIT

- Bag 1:** 300g strong white flour
- Bag 2:** 260g strong white flour,
30g dark brown sugar,
10g salt
- Bag 3:** 11g yeast
- Bag 4:** 2 tbspc bicarbonate of soda
- Bag 5:** 10g sea salt
- Flour for dusting:** 50g strong white flour
- 2 x A4 baking paper**

YOU WILL NEED

115g unsalted butter (90g + 25g),
plus extra for greasing

2 tbspc (30ml) milk

250ml water

2 x baking trays

1 x slotted spoon

STORAGE

Once cooled, store in an airtight container in a cool, dry place.
Alternatively, store in the freezer for up to 3 months.

INGREDIENTS

Strong white bread flour (**wheat** flour, calcium, niacin, iron, thiamin), bicarbonate of soda, dark brown sugar (sugar, cane molasses), yeast (yeast, emulsifier (sorbitan monostearate)), salt (salt, anti-caking agent (sodium ferrocyanide)), sea salt.

Nutritional info	Per 100g (as sold)
Energy kJ/kcal	1310kJ/313kcal
Fat	1.3g
of which saturates	0g
Carbohydrate	63g
of which sugars	5.2g
Protein	14g
Salt	2.8g

Allergens:

For allergens see ingredients in **bold**.

May contain: **milk, soya & tree nuts**.

Best before:

See sticker.

Suitable for vegetarians.

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680g

BAKED
IN

pretzel Buns

Bread
Baking
Club

PRETZEL BUNS



1. Melt 90g of butter in a microwave-safe bowl in the microwave, or in a pan on the hob, and leave to one side to cool slightly. Lightly grease a large bowl and leave to one side. In a clean bowl (not the greased bowl), add the strong white flour (**bag 1**), strong white flour, dark brown sugar, and salt (**bag 2**), and the yeast (**bag 3**), and mix until combined.
2. Add the cooled melted butter, 2 tbsp (30ml) of milk, and gradually add up to 250ml of lukewarm water (if you have a thermometer this is about 40°C), if the water is too hot, the dough will not rise. You may not need all the water. Mix together until a slightly tacky dough forms.



3. Lightly dust a clean surface with some of the **flour for dusting** and tip the dough out. Knead for 8-10 minutes or until the dough is smooth and elastic. Put the dough in the greased bowl from **step 1** and cover loosely with cling film or a damp tea towel. Leave to prove in a warm place for 60-90 minutes, or until doubled in size. Line 2 baking trays with the provided baking paper, and leave to one side.
4. Once proved, tip the dough onto a clean surface and knead a couple of times. Divide the dough into 10 equal pieces (weighing roughly 95g each). Shape your hand like a claw, and with the dough on a flat surface, apply a small amount of pressure and roll each piece of dough in a circular motion until the top is smooth.



The box and plastic bags
in this kit are recyclable

bakedin.co.uk/sustainability



5. Preheat the oven to 200°C/180°C Fan/Gas Mark 6. Half fill a large saucepan with 1-2 litres of water and bring to the boil, turn the heat down to a simmer and add the bicarbonate of soda (**bag 4**), little by little, to avoid the pan of water foaming over the sides.



6. Whilst the water is still simmering, use a slotted spoon to lower 2 rolls into the saucepan. Leave to soak for 30 seconds, before flipping and soaking the other side for 30 seconds. Remove from the pan, draining any excess water. Place on one of the lined baking trays. Repeat this step with the remaining buns, evenly spacing 5 on each tray.



7. With a sharp knife, slice a small cross, ½cm deep in the middle of each bun and sprinkle with a pinch of sea salt (**bag 5**).



8. Bake in the oven for 18-25 minutes or until they are a deep golden brown. Melt 25g of butter, and gently brush over the warm pretzel buns. Allow to cool for at least 10 minutes on a wire rack before tucking in.



FOR MORE INFO:

bakedin.co.uk/pretzel-buns