



homebaked traditional pretzels

This recipe transports me right back to the noise filled beer halls of Munich filled with people from every corner of the globe all together under one roof enjoying a stein. PROST!

Ingredients

- 3 3/4 cups Plain Flour, plus more for kneading surface
- 1 1/2 cups Luke-warm Water
- 2 1/4 teaspoons (7g) Instant Dry Yeast
- 1 tsp Salt
- 1 Tbsp Brown Sugar
- 1 Tbsp Unsalted Butter, melted, cooled
- Sea salt flakes for sprinkling



Bi-Carb Soda Bath

- 1/3 cup bi-carb soda
- 2L water

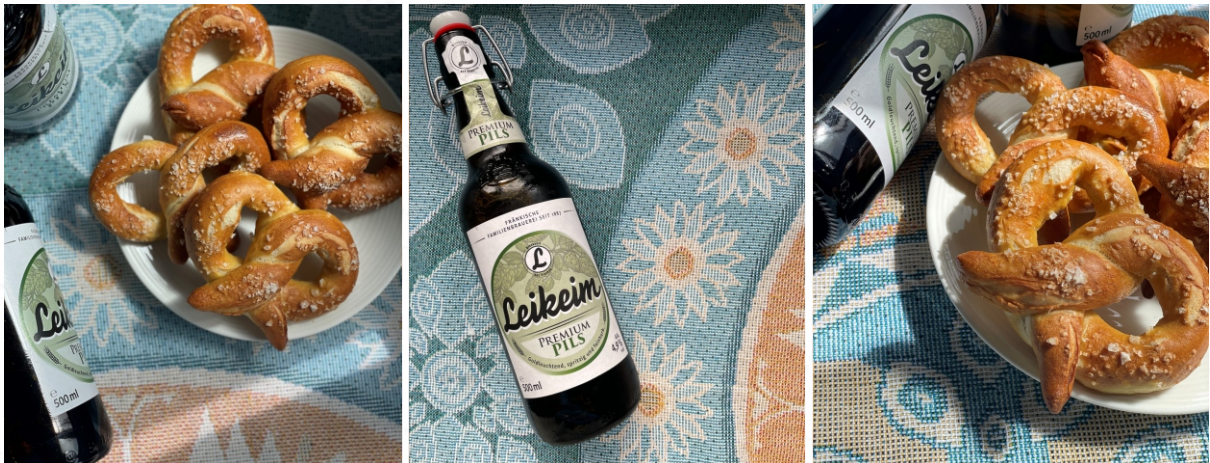
Directions

- Whisk the yeast and lukewarm water together in a large steel or glass bowl and sit aside for 1 minute. Whisk in salt, brown sugar, and melted butter.
- Using a wooden spoon (or stand mixer with dough hook), slowly add 3 cups of flour, 1 cup at a time. Mix until dough is thick. Add 3/4 cup more flour in small increments until the dough is no longer sticky. If it is still sticky, add more as required.
- Poke the dough with your finger and if it springs back, it is ready to knead.
- Turn the dough out onto a floured surface. Knead the dough for approx. 3 minutes and shape into a ball. Leave it on the bench and cover lightly with a tea towel.
- Allow to rest and rise for 10 minutes.

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Directions cont.

- Now is the perfect to preheat your oven to 200 degrees Celsius. Add bi-carb soda and water to a large pot and bring to the boil. Prepare two baking trays by lining them with baking paper or use silicone baking mats.
- With a sharp knife cut dough into approx. 1/3 cup portions. Roll each portion of the dough into approx. 25-30cm long ropes. Bring the two ends up to form a circle on your bench. Twist the ends together once. Bring the twisted ends down towards yourself and press them down into the bottom of the 'circle' to form a pretzel shape.
- Drop 1-2 pretzels into the boiling water for 20-30 seconds, no more. Using a slotted spatula/egg flip, lift the pretzels out of the water one at a time, allowing excess water to drip off. Place pretzels onto prepared baking trays and sprinkle each with salt flakes. Repeat with remaining pretzels.
- Once your trays are full, bake your pretzels for 10-12 minutes or until golden brown.
- Safely remove from oven and serve warm. Enjoy your freshly baked, homemade, chewy and authentic pretzels alongside an ice-cold beer – preferably German of course!



Notes: Cover and store leftover pretzels at room temperature for up to 3 days. I find it best to reheat in an airfryer for 2-3mins at 180 degrees or if you prefer, you can microwave for 20 seconds or bake in a 160 degree oven for 5 minutes. Pictured and enjoyed with German beers purchased from Dan Murphy's. Definitely hit the spot and for a (very brief) moment I felt like I was back in Munich...