



Ballybrado Pretzels

Portions

Portions 9 U.

Ingredients

500g Ballybrado Organic Strong White Wheat Flour

260g water, cold

10g salt

20g fresh yeast **or** 1 sachet quick action dry yeast

25g butter

15g sugar

Method

1. Knead all ingredients – approx. 15 mins by hand or 5 mins slow and 8 mins fast in electric mixer
2. Leave dough rest for 10 – 15 mins
3. Weigh out into 90g pieces and form rounds
4. Cover and leave dough rounds rest for 10 mins.
5. Roll out long sausages out of the rounds – approx. 30cm long for pretzel. There should be a thick 'belly' in the middle, the rest should be thin
6. Sling into pretzel form, place on lined baking tray and leave rest for 20 mins.
7. Cover tray, place tray into fridge for at least 1 hour (or overnight).
8. Prepare bicarbonate of soda bath – bring 1 litre of water to the boil, add 50g bicarbonate of soda (careful – this foams up quickly but settles down again). Leave simmer.
9. Using a large spoon, place one pretzel at a time into the bath for approx. 30 seconds, making sure to submerge it completely
10. Take out of bath, place on lined baking tray, sprinkle with coarse salt.
11. Score the thick 'belly' of the pretzel approx. 2cm



12. Bake in preheated oven at 240°C for approx. 12 mins

Tip: Pretzels are great for dipping into cream cheese flavoured with paprika and onions!

Variation: If you don't fancy slinging pretzels, you can also just make round or oval rolls. They taste just as good and are somewhat more practical if you are planning on putting a slice of cheese/ham on top :)