



Insanely Good Soft Pretzels

Ingredients

- 1 1/2 cups warm milk (110-115 F)
- 1 tablespoon brown sugar
- 2 teaspoons course sea salt + extra for sprinkling
- 1 .25 oz package of active dry yeast
- 4 1/2 cups All Purpose flour
- 2 tablespoons of melted butter + extra for brushing
- 9 cups of water
- 1/2 cup baking soda
- 1 large egg whisked together with 1 tablespoon of water (Egg wash)

Mix the Dough

Whisk together the warm milk sugar and salt in a large mixing bowl. Sprinkle the yeast on top of liquid and wait five minutes for the yeast to activate.

Knead the dough

Add in the flour and melted butter. Then use a spoon to mix everything until combined. Use your hands to knead the dough for another four minutes or until it is smooth.

Add a bit more flour if the dough is too sticky

Let the dough rise

Transfer the dough to a lightly oiled bowl, cover with a damp towel and let the dough rise for 20-30 minutes in a warm place until it has doubled in size

Preheat your oven to 450F Line two large baking sheets with parchment paper

Prepare the Boiling Water

Combine the water and baking soda in a stockpot and bring to a boil

Form the pretzels

Turn the dough out onto a work surface

Divide into 12 equal pieces

Roll out each piece into an even 20" rope

Make a U shape with the rope and then cross the two ends over each other and press them onto the u to form the pretzels

Boil the pretzels

Very carefully use a spatula to transfer the pretzels into the boiling water one at a time for about 30 seconds each

Transfer each pretzel onto the baking sheet until complete

Brush the top of each pretzel with the egg wash and sprinkle with course sea salt

Bake

Bake until the pretzels reach your level of golden brown- 12 to 14 minutes

Transfer to a cooling rack

Serve warm & Enjoy!