

SOFT PRETZELS



This recipe will yield 10-15 pretzels depending on how large you make yours. Kaylin kept these pretzels simple and just sprinkled with salt but you could do lots of different toppings like cinnamon & sugar, garlic, poppy seeds or sesame seeds.

Ingredients |

- 2 cups Manini's Gluten Free Multi-Purpose Flour
- 2 tsp brown sugar
- 1 tsp sea salt
- 1 tbsp yeast
- 1 cup warm water (100-110 degrees)
- 2 tsp vegetable oil
- 1 egg white whipped with 1 tsp water
- 2 tbsp baking soda for boiling water bath
- Kosher salt

Directions |

Preheat oven to 200 degrees. When it reaches temperature turn it off.

Place flour, yeast, brown sugar and sea salt in bread machine and using dough hook, turn on dough cycle to begin mixing.

Slowly stream in water and use a spatula to incorporate the dry ingredients. You should get a nice dough ball to form. Once the ball has formed turn your bread machine off.

Pour 2 tsp vegetable oil into a mixing bowl. Remove your dough ball from the bread machine and roll it in the oil, coating all sides. Cover with waxed paper and place in warm oven to rise for about an hour. Dough will almost double in size.

Remove dough from the oven and preheat oven to 450 degrees. Pull off pieces of dough about 2" in size and roll into ropes 10-12" long. Fold ends of rope over to form a pretzel shape. Pinch to seal pretzel where it crosses over so it doesn't fall apart during the water bath.

Next, take a large pan and add about 4" of water and 2 tbsp baking soda. Place on stove and bring to a boil. When the water comes to a rolling boil, place the pretzels in the water, about 4 at a time.

Leave in the water for about 60 seconds and then remove with a slotted spoon. (Turn after about 30 seconds if both sides of the pretzel are not submerged) Place pretzels on a baking sheet lined with parchment and sprinkled with corn meal. Brush pretzels with egg white and sprinkle on Kosher salt. Place in center of oven and bake 10 minutes or until golden. Enjoy!

