



Easy, Super Soft Pretzels



16 pretzels



Prep: 30-45 min

Cook: 10 min

Total: 60 minutes

INGREDIENTS

Pretzel Dough

- 4.5 tsp active dry yeast (or two packets)
- 1.5 cups warm water
- 3/4 cup warm milk
- 3 Tbsp butter (melted or room temp)
- 2 tsp honey
- 2 tsp salt
- 6 cups all purpose or bread flour

Baking Soda Bath

- 1 Tbsp baking soda per 1 cup water

Topping

- coarse salt
- melted butter (approx 5 Tbsp)

DIRECTIONS

1. Combine water, milk and honey in a medium sized, microwave safe bowl. Microwave in 30 second increments until it feels bathtub warm. (If it's too hot to the touch, it's too hot for your yeast!) Once warm, sprinkle yeast and let sit for 10 minutes, until yeast is frothy.
2. Add salt and 5 cups flour to the bowl of your stand mixer, fitted with the hook attachment. Mix on low, gently adding the yeast mixture. Add sixth cup of flour gradually until dough forms and is not sticky.* Continue to knead for 5 minutes.
 - a. Test your dough - if you can poke it and make an indentation that slowly bounces back without sticking to your skin, you've nailed it.
3. Lightly grease a medium to large sized bowl. Place the ball of dough in the bowl and cover with a damp towel. Let it rest for 15 minutes.
4. In a medium sized pot, bring water and baking soda to boil. I typically do 8-10 cups of water.
5. Once boiling, lower heat to medium/medium low, and **preheat oven to 450°F**.
6. After dough has rested and risen, divide into 16 pieces, and shape the pretzels.
7. Dip pretzels into the soda bath in small batches. Let simmer about 30 seconds, then, using a slotted spoon, carefully transfer to a lightly greased baking sheet. sprinkle with coarse salt while still wet.
8. Bake 9-11 minutes, until golden brown.
9. Once they're out and your house smells like heaven, brush with melted butter and enjoy!

NOTES

*This is how I make them in my dry, Utah climate. If you live in a more humid place, you may need to adjust the liquid to add more flour.