# Soft Pretzels Recipe (using Yeast) – CLASS C – LOT 15

## Ingredients:

- 1 ½ cups warm water
- 1 packet active dry yeast (or 2 1/4 teaspoons)
- 1 teaspoon salt
- 1 Tablespoon granulated sugar
- 3 cups white flour
- 1 cup whole grain flour (optional)
- Vegetable oil or spray
- 1 large egg, beaten (optional, for egg wash)
- Coarse salt (optional, for sprinkling)
- Melted butter (optional, for brushing after baking)

## Instructions:

1. Activate the yeast: In a mixing bowl, add the yeast to the warm water (around 105°-115°F/40°-46°C). Let it sit for about a minute to dissolve and allow the yeast to activate.
2. Combine wet and dry ingredients: Mix salt, sugar, and the flour(s) into the yeast and water mixture.
3. Form and knead the dough: Mix until a dough is formed. You may need to add a bit more flour, a tablespoon at a time, until the dough is no longer sticky. Knead the dough for about 5 minutes, either by hand or using a stand mixer with a dough hook attachment. The dough should be smooth and elastic when properly kneaded.
4. Rest the dough: Shape the kneaded dough into a ball and cover it lightly with a towel or plastic wrap. Let it rest for 10 minutes.
5. Preheat oven and prepare baking sheets: While the dough is resting, preheat your oven to 400°F (204°C). Line two baking sheets with parchment paper or silicone baking mats.
6. Divide and shape the pretzels: Divide the dough into 12 equal portions. Roll each portion into a rope shape. Form a circle with the rope, twist the ends together, and bring them down over the circle to form the classic pretzel shape.
7. Optional: Baking soda bath: For a more classic pretzel texture and color, you can dip the pretzels in a boiling baking soda solution. Bring 8 cups of water and 1/3 cup of baking soda to a boil in a large pot. Carefully place each pretzel in the boiling water for about 20 seconds, then remove with a slotted spoon and place on the prepared baking sheets.
8. Prepare for baking: Brush the pretzels with a beaten egg (if desired) and sprinkle with coarse salt (optional).
9. Bake: Bake for 12 to 15 minutes, or until golden brown. You can broil for the last minute to brown the tops even more, if desired.
10. Serve: Brush with melted butter immediately after baking, if desired. Enjoy the homemade pretzels warm!