



The Simple Pretzel

Ingredients

- 1 and 1/2 cups (360ml) warm water (lukewarm, no need to take temperature)
- 1 packet active dry or instant yeast (2 and 1/4 teaspoons)
- 1 teaspoon salt
- 1 Tablespoon granulated sugar
- 3 and 3/4 - 4 cups (460-500g) all-purpose flour or mix of whole wheat and all-purpose flours (spoon & leveled), plus more for work surface
- 1 large egg, beaten
- coarse sea salt, for sprinkling

Prep Time

TOTAL TIME: 30 MIN

- Prep: 15 min
- Cook: 15 min

Directions

1. Preheat oven to 425°F Line baking sheet with a silicone baking mat or parchment paper.
2. Dissolve yeast in warm water. Stir with a spoon until fairly mixed, Some clusters of yeast will remain.
3. Add salt and sugar; stir until fairly combined.
4. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add up to 1/2 cup more. Poke the dough with your finger - if it bounces back, it is ready to knead.
5. Turn the dough out onto a floured surface. Knead the dough for about 3 minutes and shape into a ball. With a sharp knife, cut ball of dough into 1/3 cup sections or whatever size pretzels you want.
6. Roll the dough into a rope with an even diameter. This measurement will depend how large you want the pretzels. Once you have your long rope, take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.
7. Place pretzel onto prepared baking sheet. Repeat with the rest of the pretzels.
8. In a small bowl, beat the egg and pour into a shallow bowl or pie dish. Dunk the shaped pretzel into the egg wash (both sides). Place on baking sheet and sprinkle with salt or everything seasoning.
9. Bake for 10 minutes at 425°F (218°C). Turn the oven to broil and bake for 5 more minutes to brown the tops. Watch closely to avoid burning. I do the 5 minute broil no matter if I do step 5 or not. Allow to cool and enjoy. Serve warm or at room temperature. Pretzels may be stored in an airtight container or zipped top bag for up to 3 days (will lose softness).