



Pretzels



A gorgeous salty pretzel to serve either sweet or savoury. Inspired by a trip to Germany we decided we couldn't live without the gorgeous pretzel and began to perfect a recipe! We love serving them with a soysage or dipped in soup!

What you'll need:

Mixing bowl, wooden spoon, measuring spoons, large saucepan, weighing scales, baking tray, slotted spoon

Ingredients

- 512g flour (4 cups)
- 2 tsp salt
- 1 tsp sugar
- 3 $\frac{1}{2}$ tsp instant yeast
- 1 cup (210ml) warm water, between 100-110 Fahrenheit
- 3 tbsp vegan butter cooled to 100-110 Fahrenheit
- Sea salt to sprinkle

To cook

- 64g (1/2 cup) baking powder
- 8 cups (1680ml) water
- Small amount of oil

Method

1. Combine flour, salt, sugar and yeast in a large mixing bowl and mix with a wooden spoon
2. Melt the vegan butter then cool to 100-110 Fahrenheit
3. Create a well in the centre and add the 1 cup warm water and melted vegan butter. Stir to combine
4. Using your hands to knead everything into a smooth dough, about ten minutes of kneading should do it
5. Wipe out the bowl and coat with a thin layer of oil. Return the dough to the bowl and rest for ten minutes
6. Preheat oven until the temperature reaches about 95 degrees Celsius then turn it off
7. Coat two baking trays with a small amount of oil. Divide the pretzel dough into 6 equal balls and one by one roll them out and twist into the pretzel shape.

- Like your tying a knot but leaving a hole before you pull the strings tight
8. Put each pretzel onto baking trays and put into the warm oven to rise, about 10 minutes and they should be quite big
 9. Once risen place in the fridge, uncovered for an hour
 10. In the large saucepan combine the baking soda with the 8 cups of water and bring to the boil
 11. Preheat oven to gas mark 5
 12. Remove pretzels from the fridge and one at a time drop them into the boiling water
 13. Use a slotted spoon to push them down and fully submerge them. Leave in for 10 seconds, remove with the spoon and return to the baking tray
 14. While they are wet sprinkle them with sea salt
 15. Bake until golden brown about 15 minutes
 16. Transfer to a cooling rack

They will stay fresh in a sealed container for 3 days.
You can freeze them for 6 months.

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