Brezeln/Pretzels

**Zutaten/Ingredients:**

* 1 ½ Cups warm water

**Baking Soda Bath:**

* ½ Cup Baking Soda
* 9 Cups water
* 2 ¼ teaspoons instant or active dry yeast
* 1 teaspoon salt
* 1 Tablespoon brown sugar
* 1Tablespoon butter, melted & slightly cool
* 3 ¾ - 4 Cups flour
* Course salt to sprinkle on top

1. **Schritt/Step**

Whisk yeast into warm water. Allow to sit 1 minute.

1. **Schritt/Step**

Whisk in salt & melted butter.

1. **Schritt/Step**

Add the brown sugar and then slowly add 3 Cups of flour (1 Cup at a time). Mix with a wooden spoon until thick. Add the rest of the flour until it is not sticky. Poke with your finger, if it bounces back it is ready to knead.

1. **Schritt/Step**

Knead the dough for 5 minutes on a flat surface. Sprinkle flour down first to keep from sticking to surface.

1. **Schritt/Step**

Shape into a ball. Cover, and let rest for 10 minutes. Get the baking soda bath boiling.

1. **Schritt/Step**

Preheat oven to 400°. Line 2 baking sheets with parchment paper. Lightly spray or grease with butter.

1. **Schritt/Step**

Prepare dough: separate ball into 6 equal pieces. Roll each piece into a rope about ¾” – 1” thick. Make a U shape. Twist the ends of the dough over each other, then bring the ends up and over the top of the U shape. Press the overlapping pieces down slightly to form the classic pretzel shape.



1. **Schritt/Step**

Drop pretzel twists into baking soda bath for 20-30 seconds. Place on prepared baking sheet. Sprinkle with course salt.

1. **Schritt/Step**

Bake 12-15 minutes until golden brown.

You may keep the prepared dough in the refrigerator for up to 24 hours after the Baking soda bath, or in the freezer for up to 3 months. If frozen, to prepare to bake, brush pretzels with water, sprinkle with salt and bake for 20 minutes. You do not have to thaw them out.