

SOFT PRETZEL ROLLS

Serving size: 10
Calories per serving: 115

Ingredients:

1 cup warm water
2 1/4 teaspoons yeast
2 3/4 cups bread flour
1 tablespoon brown sugar
1 teaspoon salt
6 cups water
1/4 cup baking soda



Directions:

Mix water, sugar and yeast in a bowl, and let it set for 10 minutes. The mixture will grow and bubble.

Using the Bosch Mixer equipped with a dough hook Add the yeast mixture and the flour and salt, a little at a time. This dough is the consistency of pizza dough. Mix for 8 minutes.

Form the dough into a ball and placed in a large bowl that has been lightly oiled. Turn dough to coat in oil. Cover with a damp dishtowel and let rise until double in size (about 30 minutes). Line a baking sheet with parchment paper and spray with cooking oil.

When the dough has doubled, punch it down and knead on a floured surface just until the dough becomes smooth and springs back when poked (1 – 2 minutes).

Divide the dough into 8 equal round pieces. While you are waiting for the water to boil, let the dough rest for 15 minutes. Preheat oven to 400 degrees. Boil the rolls 2 or 3 at a time in the soda water, 1 minute per side. Remove the rolls with a slotted spoon, drain them and placing them on the cookie sheet. Score the roll tops with a sharp knife.

Using a lightly beaten egg, baste the rolls and bake for 10 – 12 minutes.

These rolls can also be made into hot dog buns by shaping them differently. Our family likes 'em!

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