

Carmel Apple Soft Pretzels

Ingredients:

1 1/2 cups warm water
2 tablespoons sugar
2 1/2 teaspoons dry active yeast (1 packet)
2 teaspoons salt
4 1/2 cups all-purpose flour +1 tablespoon
6 tablespoons melted butter
1 1/2 cups diced apples
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
3 quarts water
3/4 cup baking soda
1 egg yolk + 1 tablespoon water for egg wash
1 can Dulce de Leche
coarse sea salt



Directions:

1. Place the water, sugar and salt in the bowl of the Bosch Mixer and sprinkle the yeast on top of the water. Let it foam for 5-10 minutes.
2. Using the dough hook, mix in 24 ounces flour the the melted butter on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl, approximately 5-6 minutes. Remove the dough from the bowl, spray the bowl with nonstick spray, the place the dough back in the bowl, cover with plastic wrap and sit in a warm place for approximately 1 hour or until the dough has doubled in size.
3. Meanwhile, peel and chop the apples into small chunks, toss the apples with cinnamon, nutmeg and 1 tablespoon flour. After the dough has doubled, pour the apples into the dough and knead to combine.
4. Preheat the oven to 450 degrees F. Line 2 cookie sheets with parchment paper and spray with nonstick spray. Set aside. Bring 3 quarts of water and the baking soda to a boil in a large sauce pot.
5. In the meantime, dump the dough onto a slightly floured work surface and divide into 8 equal pieces (or 16 pieces for mini pretzels). Spray a work surface with nonstick spray. Roll out each piece of dough into a 24-inch rope (12-inch for minis). The apples will pop out a little, but keep rolling and you will reincorporate them.
6. Make a U-shape with the rope. Take the ends and cross them over each other twice, and press onto the bottom of the U to form the pretzel. Place onto the parchment-lined sheets.
7. Put the pretzels into the boiling water, one at a time, for 30 seconds. Remove from the water using 1-2 large spatulas. Return to the cookie sheet and brush each pretzel with the beaten egg yolk and water mixture. Bake until dark golden brown, about 12-14 minutes. Transfer to a cooling rack and cool for at least 15

minutes before drizzling with caramel and sprinkling with salt.

2. For the Dulce de Leche Caramel Drizzle:

1. Because Dulce de Leche doesn't "set" like frosting, it's best to drizzle the pretzels right before serving. Place them in an airtight container to keep fresh. When ready to serve, warm the dulce de leche until slightly thin. Then place in a zip bag. Cut a small hole in the corner of the bag and "pipe" the warm caramel over the soft pretzels. Sprinkle with coarse salt and serve.