

ACTIVITIES FOR SUNDAY SCHOOL

International Gracie Bake Sale Recipe



Bavarian Pretzel

1 package (2 tsp.) active dry yeast
1/8 cup warm water (105°F)
1 1/3 cup warm water
1/8 tsp. salt
1 tbsp. brown sugar
4 1/2 cups flour
baking soda
pot of water

Dissolve yeast in 1/8 cup warm water and brown sugar. Stir in 1 1/3 cup warm water, add salt and flour. Knead dough until smooth and elastic. Dough does not need to rise.

Heat oven to 400°F.

In a saucepan, measure 2 tbsp. baking soda to each cup of water. Put enough water to fill the saucepan at least 3 inches high. Bring soda and water mixture to a light boil and set heat to simmer. Make sure the baking soda is well dissolved.

Cut the dough into eight pieces. Roll a long thick pencil shape with your hands but, keep the middle a little thicker. Pick up both ends, cross to form rabbit ears and then twist the ends and pull them back to the rest of the loop. Place aside on lightly floured surface and let rise 10 minutes or so.

Place pretzels one at a time in water/baking soda mixture for 10–15 seconds. I use a large slotted plastic spatula. Push down with plastic utensil to ensure good coverage. Remove the pretzel from the bath (let drain a few seconds on the spatula so you are not dripping) and place onto a pan lined with parchment paper.

Use a sharp knife and slit the fattest part of the pretzel (lengthwise). Salt the top of pretzels with course ground sea salt/pretzel salt. Place cookie sheet with pretzels into the oven for 18–19 minutes or until pretzel is to desired darkness.

Enjoy while warm.

Notes—Do not refrigerate this dough, it will become unworkable. Pretzels should be about 6 inches in diameter.

<http://www.theoktoberfest.com/HTML/pretzel/>