

# Pretzels

## Pretzels

### Ingredients

- 2 cups warm water (110°-115°)
- 1 pkg. or 1 Tbsp. yeast
- ½ cup brown sugar
- 5-6 cups flour
- 6 cups water
- ½ tsp. baking soda
- Topping
- 1 large egg
- 1 Tbsp. water
- coarse salt
- sesame seed
- poppy seed
- Parmesan cheese, grated
- hot mustard sauce (p.312)

### Directions

1. Dissolve yeast and brown sugar in warm water.
2. Add flour slowly, stirring until mixture does not stick to the side of the bowl. Knead dough. Make into pretzel shapes, circles or hearts on a lightly floured surface.
3. In a large frying pan place 6 cups water and ½ tsp. baking soda and bring to a boil. Cook each pretzel 1 minute. You have to change the water when it gets full of flour.
4. Lightly beat egg and water and brush on the top of the pretzels. Sprinkle salt, sesame seed, poppy seed or Parmesan cheese on top if desired.
5. Place on a greased baking sheet, salt, and bake at 475° until golden (about 10 minutes).
6. Serve with hot mustard sauce. Makes 16-18 pretzels.