



Resurgent Grains

Soft Pretzels

An Adaptation by Lentz Spelt Kitchens

Dough ingredients:

2 1/4 tsps. active dry yeast (1 package)

1 Tbsp. sugar

1 cup warm water (110°)

1 Tbsp. unsalted butter, melted and slightly cooled

2 1/2 cups flour – we used a mixture of 1/2 white and 1/2 Resurgent Grains Organic Spelt flour

1 tsp. salt

Additional Ingredients:

7 cups water

1/3 cup baking soda

1 large egg

1 tsp. water

Coarse sea salt, for sprinkling

In a large bowl, add the yeast and sugar. Gently pour the warm water over it and let proof until foamy, about 5 minutes.

Whisk in the melted butter; then stir in the flour and salt until well combined. Using floured hands, form dough into a moist ball and place in a lightly greased bowl. Cover with a damp cloth and let rise in a warm place until doubled in size; about 1 hour.

Bring 7 cups water and 1/3 cup baking soda to a slight boil; reduce heat to medium low and leave on simmer. Preheat oven to 425°. Cover a baking sheet with parchment paper and set a wire rack over another baking sheet.

Once dough has doubled in size, divide into 12 equal portions. Keep in covered bowl while you work with one portion at a time. Roll and stretch a portion of dough into a 22-inch rope with your hands, working from the center to the ends. Twist the rope into a pretzel shape. Gently dip the pretzel into the hot baking soda solution for 30 seconds and then transfer to the wire rack. Repeat with 5 more portions of the dough. You are going to bake 6 at a time.

Transfer 6 pretzels to the parchment-lined baking sheet. Whisk together the egg and 1 tsp. water. Brush the egg wash over the tops and sides of each pretzel and immediately sprinkle generously with coarse salt.

Place on top rack of oven and bake until pretzels are golden, 12-14 minutes, rotating baking sheet halfway through baking time. Prepare the second batch of 6 pretzels while these are baking.

Serve with mustard or cheese sauce. Enjoy!

Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to www.resurgentgrains.com to purchase Resurgent Grains Organic Spelt Flour.