

## BAKING SKILLS SERIES

# Pretzel Bread

**INGREDIENTS:**

5 Grams Instant Yeast  
 4 Quarts of Water  
 227 Grams Room Temperature Water  
 1/2 Cup of Baking Soda  
 28 Grams Room Temperature Milk  
 13 Grams Dark Brown Sugar  
 42 Grams Melted Butter  
 5 Grams Sea Salt  
 385 Grams Bread Flour (Divided)

**DIRECTIONS:**

- Heat butter until just melted and stir in the brown sugar. In another bowl add 350 grams of the bread flour. Into the flour, whisk in the salt, and then whisk in the yeast. Add the milk, the water, and the butter/sugar mixture into the flour and mix until the dough forms a ball and all ingredients are incorporated (can be mixed by hand using a bowl scraper). Oil a bowl and put the dough into the oiled bowl. Turn the dough once to oil the top. Cover the bowl with plastic wrap and allow to rest for 30 minutes.
- Flour a work surface (silpat) with the remaining 35 grams of flour. Remove the dough from the bowl and knead on the work surface for 10 minutes incorporating the remaining flour as you knead. Return the kneaded dough to the oiled bowl and cover again with plastic wrap. Allow the dough to rest for one hour. Preheat the oven to 400 degrees Fahrenheit.
- After the dough has rested for one hour bring 4 quarts of water to a boil. When the water is boiling, slowly add the baking soda. It must be added slowly to avoid having the water boil over.
- Carefully remove the dough from the oiled bowl and divide the dough into two pieces. Shape each piece into a ball. Reduce the heat on the boiling water to a simmer.
- Place each ball into the simmering water one at a time. Simmer each ball for one minute and then turn the ball over and simmer the other side for one minute.
- Place the balls onto a cookie sheet that is covered in parchment paper. Bake the loaves in the oven for 22 minutes. Remove the bread from the oven and immediately brush on melted butter to keep the crust soft. Move the parchment paper and bread to a cooling rack and allow to cool for 20 minutes.

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