🥨 Pretzel Lab

Culinary 1 · Unit 4 · Level 2 · Fri 10/16 (Blue) · Wed 10/21 (Gold)



Name: _____ Date: _____ Period: _____

Makes 2 big pretzels. Mrs. Dyches' recipe: Auntie Anne's Pretzels (small batch).

🧺 Pretzel dough

- ☐ 🌾 **2 c** flour
- ☐ 🟤 **1 tsp** yeast
- ☐ 🟫 **1 Tbsp** brown sugar
- ☐ 🧂 **½ tsp** salt
- ☐ 💧 **¾ c** warm water (110-120°F)

🧺 Dip

- ☐ ♨️ **2 c** hot water
- ☐ 🥄 **2 Tbsp** baking soda

🧺 Topping (pick)

- ☐ 🧂 coarse salt
- ☐ 🧈 melted butter + cinnamon sugar

👩‍🍳 Steps: check each box when you finish

- [ ] 1 🔥 Oven to **450°F**.
- [ ] 2 🟤 Mix yeast, brown sugar, and warm water. Wait until bubbly.
- [ ] 3 🌾 Add the flour and salt. Mix into a ball.
- [ ] 4 👐 **Knead** on a floured counter until smooth and stretchy.
- [ ] 5 ✂️ Cut into **2** pieces. Roll each into a long rope (15-20 inches).
- [ ] 6 🥨 Shape the pretzel: U shape, twist, fold down.
- [ ] 7 ♨️ Dip each pretzel in the baking soda water for **30 seconds**.
- [ ] 8 🧂 Put on the greased parchment. Salt on top (or cinnamon sugar after baking).
- [ ] 9 ⏲️ Bake **10-15 minutes**. Photo!

💡 *The older Unit 4 card is the group pretzel recipe. This packet uses her small batch (2 pretzels).*