🥨 Soft Pretzels (Auntie Anne's Copycat)

Culinary 1 · Unit 4 Lab · Picture recipe card (Level 2). Makes about 8. Uses yeast.

Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 💧 **1½ c** warm water (110–120°F)
- ☐ 🦠 **1¼ tsp** active dry yeast
- ☐ 🟤 **2 Tbsp** brown sugar
- ☐ 🧂 **1¼ tsp** salt
- ☐ 🌾 **1 c** bread flour
- ☐ 🌾 **3 c** flour
- ☐ 💧 **2 c** boiling water (soda bath)
- ☐ 🫧 **2 Tbsp** baking soda (soda bath)
- ☐ 🧂 coarse salt (topping)
- ☐ 🧈 **2–4 Tbsp** butter, melted

🧰 Tools

- ☐ Mixing bowl
- ☐ Thermometer
- ☐ Measuring cups + spoons
- ☐ Mixer with dough hook (or hands)
- ☐ Saucepan (soda bath)
- ☐ Slotted spoon
- ☐ Greased baking sheet
- ☐ Pastry brush + oven mitts

💡 *Cinnamon sugar: skip the salt. Dip the baked pretzel in melted butter, then in cinnamon sugar.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		Sprinkle the **yeast** on **1½ c warm water**. Stir.	☐
3		Add the **brown sugar**. Stir.	☐
4		Add the **flour** and **salt**.	☐
5		**Knead** until **smooth and stretchy**.	☐
6		Let it **rise** at least **½ hour**.	☐
7		Soda bath: **2 c boiling water + 2 Tbsp baking soda**. **Adult or para helps.** Stir often.	☐
8		Pinch off dough. Roll a **long, thin rope** (½ inch or less). Shape the pretzel.	☐
9		Dip in the soda bath with a slotted spoon. Put on the greased sheet. Sprinkle **coarse salt**.	☐
10		Bake at **450°F** about **10 minutes**, until **golden**.	☐
11		Brush with **melted butter**.	☐
12		Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work