

Pretzel Bites

Makes 3 Servings

Preparation: 40 minutes , Cook Time: 10 minutes

Yield: 18

Foods 2

Appetizers

13 grams active dry yeast
11 ounces warm water (110-120 degrees)
14 grams sugar
3 1/2 cups flour
85 grams flour
5 grams salt
1 egg

Preheat oven to 450 degrees. Line a baking sheet with parchment paper or spray with cooking spray.

Pour water in the bowl of a stand mixer, with the dough hook attached, sprinkle yeast over top, add sugar and stir. allow yeast to bloom for 5-10 minutes. once it's nice and foamy, it is ready.

Meanwhile, fill an 8 qt. pot half way up with water and bring to a boil over medium high heat.

In a small bowl beat the egg with 2 tablespoons water with a fork. set aside.

sprinkle clean countertop with about 1/4 cup flour, spread it out to lightly flour the countertop surface.

Add flour and salt to mixer. Knead for 3-5 minutes until the dough comes together in one ball. Add more flour a tablespoon at a time as needed if the dough is too sticky to come together. Dough should be tacky when you pull it out of the mixer, not sticky.

Place dough on floured countertop and knead in flour until it is no longer tacky, just a minute or two. Form dough into a ball. Split the dough in half. Roll each half into a fat log shape. Cut into smaller, bite size pieces.

Carefully, add baking soda to boiling water. USE CAUTION: IT WILL BUBBLE UP!! Place dough balls into boiling water a few a time. Remove with a slotted spoon after 30 seconds. Place on parchment paper to cool and repeat.

Arrange pretzel balls on parchment so they are no touching. Brush egg wash onto each one and sprinkle with course salt.

Bake for 8-10 minutes until the tops are browned.