

Make It Sweet.

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New York Style Soft Pretzels



I love pretzels from carts in New York City. They are soft but chewy at the same time with crunchy pretzel salt. This recipe has all of those properties with even more flavor. We are of course going to make pretzels, but we are also going to make a couple of pretzel dogs, some mini pretzel cinnamon and sugar monkey bread and some garlic and cheese pretzel knots. There is so much that you can do with this dough! We are making this all by hand – the dough comes together easily and then it is kneaded for several minutes until smooth. You probably won't have any, but any leftovers can be saved and reheated before eating. The oven is the best for reheating, but a few seconds in the microwave works too.

DOUGH

315 g (1 1/3 C) Whole Milk - warmed
37 g (2 1/2 Tbsp) Butter melted
53 g (4 Tbsp) Brown Sugar
7 g (1 1/2 tsp) Kosher or Sea Salt
5 g (1 1/2 tsp + a pinch) Instant Dry Yeast
460 g (3 3/4 C) Bread Flour, divided,
plus more for kneading

WATER BATH

3 C Hot Water
40 g (1/2 C) Baking Soda

EGG WASH

1 Egg
2 Tbsp Water

TOPPINGS AND OPTIONAL

Pretzel Salt, Melted Butter
Hot Dogs, Parmesan Cheese
and Garlic Salt, Cinnamon and Sugar

- Warm milk to about 105°. It will be warm to the touch but not hot.
- In a large mixing bowl, combine - milk, melted butter, brown sugar, 60 g bread flour, salt and yeast.
- Leave for 5 minutes to see some bubbles indicating active yeast.
- Add 400 g bread flour all at once. Use a wooden spoon to stir into a ball. Then use your hands to knead in all of the dry bits from the bowl.
- Lightly flour the kneading area, turn out the dough and lightly flour the top. Knead, adding little amounts of flour as needed to keep it from sticking. It should still be a fairly soft dough. Knead for about 5 minutes until the dough is nice and smooth.
- Place dough upside down into lightly oiled bowl, turn the dough over so that the top is oiled.
- Cover with plastic wrap and set aside for 1 hour to rise and double in size.

YIELD

12 large pretzels, 12 large garlic knot rolls, 24 monkey breads in muffin tins or 12 hot dog rolls.

Using a pizza cutter, divide dough in half, each half in half again and each of the four pieces into thirds for a total of 12 pieces (approximately 70 g each).

We are making 5 pretzels, 3 garlic knots, 2 hot dog rolls and 4 Monkey bread (from 2 pieces)

PRETZELS

- Preheat oven to 450° F. Stretch and roll a piece of the dough to about 30 inches (about the thickness of a finger). Position it into a fairly narrow upside down U in front of you. Holding both ends, put one over the other about halfway along the rope. Make another twist. Pull the ends to the top of the U. Place them apart from each other and press into the base. Place on to greased baking sheet. Make all of the pretzels.
- Put baking soda into large bowl and add hot water. Stir to mostly dissolve.
- One at a time, place pretzel in the water, bottom down, and turn over to wet the top. Remove from water bath and place bottom on a kitchen towel to dry off excess water. Place back on to baking sheet with a couple of inches between pretzels.
- Brush with egg wash made from 1 egg and 2 Tbsp water mixed together. Sprinkle with pretzel salt.
- Bake for 10 to 12 minutes until golden brown. Brush with melted butter.

GARLIC CHEESE KNOTS

- Preheat oven to 450° F. Stretch and roll a piece of the dough to about 24 inches. Flatten to about 1.5 to 2 inches wide. Brush with melted butter. Sprinkle parmesan cheese and garlic powder mixture down one half long ways. Fold the other half over top and press together. Roll into a rope. Fold end to end and holding the two ends together and keeping your finger in the loop, twist until it is twisted loop to ends. Place ends into loop and place that side down onto sheet pan lined with greased parchment paper.
- Brush with butter and sprinkle with more parmesan cheese garlic powder mix.
- Bake 12 to 14 minutes until golden brown.

MONKEY BREAD

- Preheat oven to 450° F. Melt butter. Prepare mix of cinnamon and sugar. Spray muffin tin liberally with vegetable spray. Stretch and roll a piece of the dough to about 30 inches. Cut into 16 pieces. Place into melted butter then roll in cinnamon and sugar. Place 8 pieces in each muffin cup.
- Bake 10 to 12 minutes until bubbly and crunchy on top.

HOT DOG ROLLS

- Preheat oven to 450° F. Stretch and roll a piece of the dough to about 30 inches. Place hot dog onto the end and roll up tightly creating a spiral. Place on to greased sheet pan.
- Put baking soda into large bowl and add hot water. Stir to mostly dissolve.
- One at a time, place dog rolls in the water, bottom down, and turn over to wet the top. Remove from water bath and place bottom on a kitchen towel to dry off excess water. Place back on to baking sheet with a couple of inches between dogs.
- Brush with egg wash made from 1 egg and 2 Tbsp water mixed together. Sprinkle with toasted sesame seeds.
- Bake 10 to 12 minutes until golden brown. Brush with melted butter.