

Pretzels



Ingredients (makes 12 pretzels)

2x 7g sachets dried yeast

1tsp caster sugar

200ml warm water (around 45C)

625g plain flour

25g soft brown sugar

1tsp salt

1 tbsp rapeseed oil

For the dipping solution

50g bicarbonate of soda

500ml hot water

For the topping

2tbsp sea salt

Method

Preheat the oven to 200C full fan and line two large baking trays with baking parchment, so that you have 6 pretzels per baking tray.

Place the yeast, teaspoon of caster sugar and the warm water together in a bowl and stir until dissolved. Leave to stand for around 10 minutes until frothy.

Using a kitchen mixer with the dough hook attachment, mix together the flour, brown sugar and salt for about a minute on a low speed, then add the oil followed by the yeast mixture. You may need to add a little more water if the mixture is dry. Keep mixing until a smooth dough is formed, roughly 10 minutes.

Cover the bowl with a damp tea towel and leave in a warm part of the kitchen to proof for an hour. The dough should double in size.

Meanwhile, in a bowl large enough to dip a pretzel, dissolve the bicarb in the hot water. Set aside.

Once the dough has proofed, tip out onto a clean work surface, knock back by hand and cut into 12 equal pieces. You shouldn't need any extra flour.

Roll each piece into a rope roughly 16 inches long and twist into a pretzel shape:

Lay the rope in a U shape with the curve pointing towards you. Take the two ends and cross them over. Lift the ends back towards yourself and twist, then press the ends into the curve of the U shape.

Dip each pretzel into the bicarb solution, place on the baking trays and sprinkle with sea salt.

Bake for around 8 minutes, then cool on a wire rack. Best eaten straight away!