

Soft New York Style Pretzels

Recipe By *Daphna Rabinovitch*



Cooking and Prep:  35
m

Serves:  12

Contains:  

Preference: Parve

Difficulty: Medium

Diet: Vegetarian, Pescetarian

Source: KosherScoop.com

Just like you might find on the corner of any street in New York. Serve with American style or honey mustard. Yields 12 pretzels.

Ingredients (9)

Main ingredients

- 2 tablespoons granulated sugar
- 2 and 1/2 teaspoons **Gefen Dry Yeast** or other dried active yeast
- 2 tablespoons canola oil
- 1/2 cup bread flour
- 1/2 teaspoon salt
- 1/2 teaspoon dried mustard
- 2 cups (approx.) all purpose flour

3 tablespoons baking soda

1 tablespoon pretzel salt

Start Cooking

Prepare the Dough

1. In large bowl, stir one tablespoon of sugar into one cup warm water. Sprinkle yeast over. Let stand for 10 minutes or until frothy.
2. Stir oil into yeast mixture. Stir in bread flour, salt and mustard. Stir in enough of all purpose flour until soft dough forms.
3. Transfer dough to lightly floured work surface. Sprinkling surface with extra floured as needed to prevent dough from sticking, knead dough for 8 to 10 minutes or until soft and no longer sticky.
4. Cover with plastic, and let rise for 30 minutes.

Shape

1. Cut dough into 12 pieces. Roll each into an 18-inch rope.
2. Form a U shape with one rope, then twist ends together twice. Fold twisted portion backward along center of U shape to form a circle; gently press ends of rope onto dough to seal. Transfer to a baking sheet lined with Gefen Easy Baking Parchment Paper. Repeat with remaining ropes. Cover ropes and let rise for 30 minutes.

Boil and Bake

1. Preheat oven to 450 degrees Fahrenheit.
2. Bring a large pot of water to a boil, and add baking soda and remaining tablespoon of sugar. Boil pretzels in batches until puffed and slightly shiny, one to two minutes per side. Transfer to wire racks; drain well. Return pretzels to baking sheet; sprinkle with pretzel salt.
3. Bake in center of preheated oven until golden brown and cooked through, about 15 minutes.