Recipe: **Pretzels** - Individual recipe Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

yield: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oven Temp: \_\_\_\_\_\_\_\_\_\_\_ °F

**INGREDIENTS**

125mL + 250mL Flour, **sifted**

0.5 mL Salt

15mL Margarine, melted

8mL Sugar

8 mL Yeast

150 mL Warm Water

2.5 mL Sugar

**METHOD: Part one**

1. Warm \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and liquid measuring cup
2. Mix together \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with 8mL yeast and 2.5mL sugar in the warm bowl. Let sit until yeast becomes active and looks frothy.
3. Add 0.5mL of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, 15mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 8mL of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and 125mL of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the yeast mixture and mix well with a wooden spoon until elastic strands are formed.
4. Add the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ flour to the dough (pulling apart through center) and mix until the dough is dry enough that you will be able to handle it.
5. Place dough out onto a counter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and knead for 1 minute then \_\_\_\_\_\_\_\_\_\_\_\_\_\_ dough to a clean surface and continue to knead until dough is smooth, elastic and has no dry flour on the surface. (5 minutes)
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of dough before letting it rise (inside Ziploc bag overnight or covered with a bowl on counter)

***Part2:***

2mL Coarse Salt

**Part Two**

1. Grease baking Sheet and preheat oven to **475** F then fill a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ saucepan ¾ full with water and boil. (share saucepan with another group member)
2. Divide dough into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ then roll into ropes and shape into pretzels. Cover with tea towel
3. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to boiling water just before starting. Working with one at a time, drop pretzels into boiling water solution then remove immediately with a slotted spoon and place onto **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**to dry bottoms before placing on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Sprinkle with a small amount of coarse salt **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. Bake 8-10 minutes until a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **tray: Baking time:**

 Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions**:

Use Yeast

Pretzel Handout

1. What type of yeast should we purchase if planning to make and bake the dough recipe in one class? Explain
2. Pretzels are not all the same. Describe ways that a traditional pretzel can be altered?
3. Have pretzels always been dunked in baking soda (sodium hydroxide) and water? Explain
4. Describe on explanation for the unique shape of a pretzel

**After the Lab Reflection**

|  |  |
| --- | --- |
| Describe how you monitor your progress and make sure you are done on time? |  |
| Describe one thing that is easier about cooking with a partner ?  |  |