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

yield: 6 medium size pretzels Oven Temp: \_475\_ °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 large mixing bowl and liquid measuring cup
2. Mix together 150mL of warm water 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 salt, 15mL Margarine, 8mL of sugar and 125mL of sifted flour to the yeast mixture and mix well with a wooden spoon until elastic strands are formed.
4. Add the remaining 250mL sifted 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 (lightly floured is needed) and knead for 1 minute then move dough to a clean surface and continue to knead until dough is smooth, elastic and has no dry flour on the surface. (3-5 minutes)
6. Lightly oil surface of dough before letting it rise (inside Ziploc bag overnight or covered with a bowl on counter)

***Part2:***

2mL Coarse Salt

**Part Two**

1. Preheat oven to **475** F and fill a large saucepan ¾ full with water and boil. (share saucepan with another group member)
2. Divide dough into 6 even pieces then roll into ropes and shape into pretzels. Cover with tea towel
3. Add 30mL baking soda 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 **tea towel** to dry bottoms before placing on the greased cookie sheet.

1. Sprinkle with a small amount of coarse salt **while still wet**.
2. Bake 8-10 minutes until a **deep golden brown**.

**dough Baking time:**

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

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

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

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

YOU ARE MAKING THIS RECIPE BY **YOURSELF** SO YOU ARE BOTH PERSON A AND B.

WHAT DO YOU DO FIRST?

Part 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Part 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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 ? |  |