

Cheesy Soft Pretzels

Ingredients:

1 ½ cups all purpose flour
¾ cup shredded cheddar cheese
2 teaspoons baking powder
1 teaspoon sugar
¾ teaspoon salt
2 Tablespoons COLD butter
2/3 cup of milk
1 egg
coarse salt

Directions:

- The use of an apron is strongly suggested!
- Pre-heat oven to 400 degrees F
- Clean off counter top using a disinfectant wipe and dry with a clean towel
- In a large bowl, combine the flour, cheese, baking powder, sugar and salt
- Cut in the butter until crumbly, this will take a while
- Stir in milk just until moistened, do not over mix
- Put a tablespoon or two of bench flour on your clean work surface and spread out with your hand
- Knead the dough on the floured surface for 1 minute – the teacher will show you how to knead
- Divide the dough in half
- Put a small amount of flour in your hand and coat the rolling pin to prevent the dough from sticking to the rolling pin
- Roll out one half of the dough into a 12 inch by 8 inch rectangle
- Cut into 3 to 4 horizontal strips
- Roll out each strip into a rope or snake shape about 12 inches long
- Twist into a pretzel shape – see picture and teacher will come around and show you how to form a pretzel
- Repeat with the other half of dough
- Place pretzels on a cookie sheet(s) covered in parchment paper or one that has been greased with cooking spray
- In a small bowl, beat the egg with about 1 tablespoon of water
- Brush the egg wash on top of each pretzel and lightly sprinkle with coarse salt
- Bake pretzels for 12 to 15 minutes or until golden brown – If you are using 2 cookie sheets try to put both sheets on the top rack
- Best served warm
- Makes 6 to 8 pretzels