

## Simple Soft Pretzels

### Ingredients:

1 load of frozen bread dough, thawed and proofed according to package directions  
1 egg  
1 Tablespoon water  
2 to 3 Tablespoons bench flour  
Kosher or pretzel salt or cinnamon sugar mixture for topping

### Directions:

- preheat oven to 400 degrees F
- bring a pot with about 3 to 5 inches of water to a boil
- clean off work surface
- put bench flour on work surface and spread out with the palm of your hand
- divide dough into 8 equal pieces
- roll each dough piece into an 18 to 20 inch long rope
- form each rope into a pretzel shape (see picture or ask teacher to show you)
- put parchment paper on your baking sheet or you can spray with cooking spray
- using a flat slotted ladle, put one pretzel on the ladle and slowly lower into the boiling water until covered for 6 to 8 seconds (the longer in the water, the softer the pretzel)
- remove pretzel from water and gently shake up and down to remove excess water
- place pretzel on parchment paper and repeat with remaining pretzels
- in a small bowl beat egg with 1 tablespoon of water
- using a basting brush, brush the top and sides of each pretzel with the egg wash
- sprinkle on desired topping (salt or cinnamon sugar)
- bake pretzels in oven for 15 to 20 minutes or until top is golden brown
- let cook slightly before eating
- makes 8 pretzels

**Tips:** Can put other toppings on pretzels before baking such as cheese. Pretzels can be served with mustard, cheese sauce or cream cheese.