

PRETZELS

Makes 4 pretzels

1½ cups all purpose flour
1 cup whole white wheat flour
1 tablespoon quick rising yeast (1 pkg)
1 teaspoon sugar
1 teaspoon salt
1 tablespoon vegetable oil
1 cup hot water (125-130°F)
Coarse salt (optional)

Step 1: Combine dry ingredients (flour, sugar, salt, yeast) in the bag. Close bag and shake or use fingers to mix.

Step 2: To the ingredients in the bag, add the liquid ingredients; oil and water.

Step 3: Close the bag and work dough with fingers until flour is well blended. If needed, add small amounts of flour to make a soft dough that pulls away from the sides of the bag.

Step 4: Turn the dough out onto a lightly floured surface (freezer paper taped on the surface with the waxy side up works great!) Knead the dough until it forms a smooth and elastic ball (about 5 minutes). Cover the dough with the plastic bag and rest for 10 minutes.

Step 5: Divide the dough into 4 equal pieces. Roll each piece between hands to form a rope-like shape, 16 inches long.

Step 6: Form into pretzel (as shown below) and place on a greased baking sheet. Let rest 10 minutes.

Step 7: Brush lightly with water. Sprinkle with coarse salt (optional).

Step 8: Bake in a hot oven at 400°F for 12-15 minutes. Remove from oven and cool.

