



Do the Twist (Pretzels)

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- ☐ **Unbleached Bread Flour: 600g (5 cups) or Unbleached All-Purpose Flour**
- ☐ **Water: 4258g (18 cups)**
- ☐ **Unsalted butter: 99g TOTAL; 28g (2 tablespoons), at room temperature AND 71g (5 tablespoons), melted**
- ☐ **Salt: 12g (2 teaspoons)**
- ☐ **Instant or active dry yeast: 5g (1 ½ teaspoons)**
- ☐ **Non-diastatic malt powder: 1 ¼ teaspoons (optional)**
- ☐ **Baking soda: 130g (½ cup)**
- ☐ **Pretzel salt: 6g (2 tablespoons) or other coarse salt (optional)**
- ☐ **Sugar: 99g (½ cup) (optional)**
- ☐ **Ground cinnamon 15g (2 tablespoons) (optional)**
- ☐ **Cheese, shredded 113g (1 cup); cheddar, mozzarella, parmesan are good options (optional)**

EQUIPMENT

- ☐ **Scale or measuring cup set**
- ☐ **Measuring spoons**
- ☐ **Liquid measuring cup**
- ☐ **Stand mixer with dough hook**
- ☐ **Cover for bowl (plastic wrap)**
- ☐ **Bench knife**
- ☐ **Plastic bowl scraper**
- ☐ **Ruler (optional)**
- ☐ **Baking sheets with parchment paper or silicone baking mats: 2**
- ☐ **Wide, shallow stock pot**
- ☐ **Spider, tongs, or slotted spoon**
- ☐ **Pastry brush (optional)**
- ☐ **Medium shallow bowls: 2 (optional)**

Soft Pretzels

YIELD: 12 PRETZELS

INGREDIENTS

DOUGH

- ☐ 600g (5 cups) King Arthur Unbleached Bread Flour
- ☐ 354g (1 ½ cups) water
- ☐ 28g (2 tablespoons) unsalted butter, at room temperature
- ☐ 12g (2 teaspoons) salt
- ☐ 5g (1 ½ teaspoons) yeast
- ☐ 1 ¼ teaspoons non-diastatic malt powder

WATER BATH

- ☐ 3785g (16 cups) water
- ☐ 130g (½ cup) baking soda

GARNISH

- ☐ 6g (2 tablespoons) pretzel salt
 - ☐ 71g (5 tablespoons) unsalted butter, melted
 - ☐ Cinnamon-sugar* (optional)
 - ☐ 113g cheese, shredded (optional for filling some pretzels); cheddar, mozzarella, parmesan
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DIRECTIONS

DOUGH

1. Combine all the ingredients in the bowl of a stand mixer.
2. Mix for about 3 minutes on low speed, then turn the speed up to medium (around speed 4 on a KitchenAid) for 5 to 6 minutes.**
3. Cover the bowl and allow the dough to rest for 30 to 40 minutes.
4. Divide the dough into 12 even pieces, each weighing approximately 80g. Lightly pre-shape each piece into a cylinder. Cover and allow the pre-shaped dough to rest for 10-15 minutes.
5. Roll each cylinder into a strand of dough about 24 inches long, with the center being thicker than the ends. Pick the dough up by the ends and twist twice. Take the ends and press down on each side.
6. Place pretzels on a parchment-lined baking sheet, cover, and leave at room temperature for 30 minutes.
7. Chill the risen pretzels, still covered, for 30 minutes.

BAKING SODA WATER BATH, BAKE, and GARNISH

1. Preheat oven to 450°F.
2. While the pretzels are chilling, make the baking soda water bath by combining the water and baking soda in a large stock pot. Bring the mixture to a simmer over high heat.
3. Poach the pretzels in the baking soda water bath for 10 seconds per side. Work with just a few pretzels at a time so as not to crowd the pot.
4. Place the poached pretzels on a parchment-lined baking sheet, then sprinkle lightly with coarse pretzel salt, if desired.
5. Bake the pretzels for 12 to 16 minutes, until deep golden brown.
6. While still warm, brush the pretzels with melted butter, if desired.
7. For cinnamon-sugar pretzels, do not sprinkle pretzels with salt before baking. After baking, brush pretzels with melted butter and sprinkle liberally with cinnamon-sugar. Alternatively, you may dip the buttered pretzels in a shallow bowl of cinnamon-sugar.

* To make cinnamon-sugar, combine 99g (½ cup) sugar and 2 tablespoons (15g) ground cinnamon.

** Alternatively, mix all ingredients together in a bowl and knead by hand until the dough is smooth and elastic, about 10 minutes.