

Pretzels

Wet Ingredients

- 1 lb unsalted butter
- 5.2 cups (1.3 quarts) water (baby bath temperature, approximately 90–100°F)
- 4 tablespoons active dry yeast
- 4 teaspoons sugar

Mix and let the yeast bloom for about 15 minutes.

Dry Ingredients

- 12+ cups all-purpose or high-gluten flour
- 1 teaspoon salt

Method

1. Mix flour and salt in a large bowl.
2. Allow melted butter to cool to avoid disturbing the yeast.
3. Once the yeast is bloomed and the butter is cooled, combine the wet and dry ingredients and mix thoroughly until a dough forms.

Pretzel Wash (Caustic Bath)

Important Notes:

- Always add acid to water, *never* water to acid.
- Use only safe materials: **glass, stainless steel, or safe plastics.**
- Line aluminum trays with parchment paper to avoid reaction.

Wash Preparation and Use:

1. Add 3–4 volumetric ounces of caustic acid to 4–5 cups of **cold** water.
2. Roll the dough into ropes approximately 0.5 to 1 inch in diameter.
3. Cut into 1 inch portions using a joint knife.
4. Wash pieces in the caustic solution for 20 seconds.
5. Strain and place on the lined sheet tray for baking.