

Soft Pretzel Rolls or Bavarian Pretzels



Makes 8 larger sandwich or burger size rolls or 16 dinner-size rolls or about 12 -14 small to medium pretzels.

I love these rolls and the pretzels are amazing, too. We lived in Germany outside of Stuttgart for about 3 years. Pretzels are everywhere. One interesting way that German's eat pretzels is with butter. In the mornings, it's not unusual to order a kaffe and a buttered pretzel.

This recipe is easy and incorporates your starter and yeast so you don't have to worry about a long rise -- about an hour or so.

Dough

- ❑ 600 grams (4 cups) unbleached whole wheat flour or all-purpose flour. You can use a mixture of the two flours as well.
- ❑ 50 grams (¼ cup) packed dark-brown sugar
- ❑ 355 grams (1 ¼ cup) of warm water (about 110°F degrees)
- ❑ ⅓ cup of ripe starter
- ❑ 7 grams (2 ¼ teaspoons) or 1 package active dried yeast
- ❑ 10 grams (1 ½ teaspoon) salt
- ❑ Vegetable-oil cooking spray

“Lauge”

- ❑ 1 Liter (4 ¼ cups) water
- ❑ 3 ½ tablespoons of baking soda
- ❑ ½ cup of pale ale-style beer (optional)
- ❑ 1 tablespoon of brown sugar

Toppings

- ❑ Coarse salt or
- ❑ Poppy seeds, sunflower seeds, pumpkin seeds, caraway seeds, sesame seeds (optional)

Equipment

A stand mixer works best. You can use the dough feature on your bread machine if you have one. Or, get ready to work your arms ;-)



Directions

Dough

- ❑ In a medium bowl, mix together warm water, starter, yeast, and brown sugar; let stand until foamy, 5 to 10 minutes.
- ❑ In the bowl of an electric mixer, combine flour and salt using your hands.
- ❑ Add yeast mixture and, still using your hands or a wooden spoon, combine until a shaggy dough is formed and water is absorbed.
- ❑ Using the dough hook attachment, mix the dough on medium-low speed until tight, elastic, and smooth. About 4 minutes. It will be slightly sticky. If it is too dry, add a tablespoon of water and mix for another 30 seconds. If too wet, add 1 tablespoon of flour.

- ❑ Spray a large bowl with vegetable oil, set dough into the bowl, **cover tightly** with a lid or plastic wrap. Let dough rise at room temperature for about one hour. It will rise a little. You are not looking for a big rise.
- ❑ Preheat oven to 350°F, with rack in the upper third.
- ❑ Lightly coat a baking sheet with cooking spray or cover with parchment paper.

For Rolls only

- ❑ Turn the dough onto a lightly oiled surface.
- ❑ Gently shape the dough into a ball.
- ❑ Cut dough into about eight pieces.
- ❑ Working with one piece at a time, fold the dough once over from all four sides. Pinch the edges and turn over.
- ❑ Stretch the surface of the roll and slightly pull under and shape into a bun.

For Pretzels only

- ❑ Turn the dough onto a lightly oiled surface.
- ❑ Gently shape the dough into a ball.
- ❑ Cut the dough into 10-12 equal pieces.
- ❑ Roll the dough balls into about 16-inch rope strands.
- ❑ Twist into a pretzel shape and let rest on a cookie sheet for 15 minutes. [Video on How To Shape a Pretzel](#) (they are making BIGGER pretzels in this video, so you don't need to roll out to 24-inch strands)

Prep the rolls/pretzels in the Lauge

- ❑ In a wide pot, combine water, baking soda, beer(optional), and brown sugar.
- ❑ Bring to a simmer over medium-high.

- ❑ Simmer rolls/pretzels upside down, one at a time, about **30 seconds** each, holding them under the surface of the water, if necessary, with a wide slotted spoon or spatula.

Bake

- ❑ Transfer to a prepared baking sheet.
- ❑ For the rolls only -- with a sharp knife, slice surface crosswise. (Make an x on the top)
- ❑ Sprinkle rolls/pretzels with pretzel salt and/or desired toppings, using one topping or combining different ones.
- ❑ Transfer to oven and bake 25 to 30 minutes until the crust is golden. Transfer rolls to a wire rack to cool.

Your Notes:
