

Homemade Pretzels

Pretzels are a traditional German food. We are making this recipe to celebrate Oktoberfest.

Fresh from the garden: rosemary

Serves: 18

Equipment:

2 small saucepans
Candy thermometer
Measuring cups and spoons
Electronic scales
Kitchen Aid mixer
Dough scraper
Tea towel
Large stainless steel mixing bowl
2 Baking trays lined with baking paper
Small glass baking dish
Dessert spoon
Slotted spoon

Ingredients:

500ml milk
3 teaspoons dry yeast
50g brown sugar
100g butter, melted
700g baker's flour
2 teaspoons fine salt
1/3 cup bicarb soda
750ml warm water
Salt flakes
Chopped rosemary

Note: Prepare the dough as detailed below. Set your dough aside to prove for the next class. You will then form the pretzels with dough that has been prepared and proved for you.

What to do:

1. Heat the milk in a small saucepan until it is about 37-40°C. Use a candy thermometer for accurate measurement, but try not to let the tip of the thermometer touch the bottom of the saucepan.

2. Add the milk to the Kitchen Aid bowl and sprinkle the yeast over the top and lightly mix. Wait a few minutes until the mixture begins to froth. Meanwhile, melt the butter and measure out the salt, sugar and flour.
3. Add flour, sugar, salt and melted butter to the Kitchen Aid bowl and knead for about 10 minutes using the dough hook. The dough will be quite soft and sticky. Place the dough in a lightly oiled clean mixing bowl. Cover with a tea towel and set aside in a warm place for about an hour until the dough has doubled in size.
4. Preheat the oven to 220°C, eco fan setting.
5. Divide the dough into 18 portions, each weighing 75g. Roll each portion into a long sausage, approximately 60cm long. Try to avoid using any extra flour on the bench. Form the dough into a U shape. Cross the ends over themselves twice and then join the twisted end to the bottom of the U. Ask for a demonstration before you start forming the pretzels.
6. Dissolve the baking soda and warm water in a small glass baking dish. Place the pretzel onto the slotted spoon and dip into the liquid, submerging the whole pretzel. Place 9 pretzels onto each baking tray. Sprinkle each pretzel with salt flakes and chopped rosemary.
7. Place into the oven and cook for 7-9 minutes, until a deep golden brown colour.