



soft pretzel sticks

WITH HONEY MUSTARD DIP

PREP TIME: 30 minutes (plus 1 hour for dough to rise)

COOK TIME: 17 minutes

YIELD: 24 pretzels

TOOLS/EQUIPMENT:

- Stand mixer or large bowl
- Large bowl
- 2 baking sheets
- Parchment paper (optional)
- Large saucepan
- Slotted spoon
- Pastry brush
- Wire rack
- Small bowl

FOR THE PRETZELS

- 1½ cups warm water (105 to 115°F)
- 1 tablespoon granulated sugar
- 1 (¼-ounce) envelope active dry yeast
- 4 to 4½ cups all-purpose flour, plus more to flour the work surface
- 2 teaspoons table salt
- 4 tablespoons unsalted butter, melted
- 1 tablespoon vegetable or canola oil
- Butter, for greasing the pan

Prepare the yeast.

In the bowl of a stand mixer with the hook attachment on, stir together 1½ cups of warm water, sugar, and yeast until blended, then let it sit for about 5 minutes.

Blend the ingredients.

Add about 3½ cups of flour, the salt, and melted butter to the bowl. Mix on low with the hook attachment until well blended. Add more flour as needed for the dough to come together. Raise the speed to medium, and continue kneading for 4 to 6 minutes or until dough is smooth and elastic.

Let the dough rise.

Grease a large bowl with the oil, add the dough, turn it to coat, cover with plastic wrap and place in a warm, draft-free place to double in size, about 1 hour.

Preheat the oven to 450°F.

Generously grease 2 baking sheets or line with parchment paper.

Prepare the water bath.

In a large saucepan over high heat, add the 8 cups of water and baking soda. Bring to a boil, and stir to blend.

Form the pretzel sticks.

While waiting for the water to boil, place the risen dough on a lightly floured surface. Divide the dough in half, then divide each half into 12 balls, for a total of 24 balls. Roll out each ball into a rope 4 to 5 inches long. Dust off any excess flour from the pretzels. >>