

Baked Soft Pretzel Recipe

Pretzels are a popular snack year-round today, but they first became popular as a Lenten food for Christians in the seventh century. The word Pretzel is derived from a German word that means "little arms." The twisted shape of pretzels is meant to resemble two arms crossed in prayer. Making Lent pretzels is a way to remember that Lent is a season of prayer.

Baking Lent pretzels is also an opportunity to share the true meaning behind a pretzel's twist with children. Then every time they eat a pretzel, they can be reminded of the importance of prayer.

Ingredients

1 ½ cups hot water
1 tablespoon sugar
1 tablespoon salt
1 package active dry yeast
4 tablespoons (½ stick) unsalted butter, melted
4 ½ cups flour (22 ounces)
10 cups water
⅔ cup baking soda
1 egg, beaten and mixed with 1 tablespoon of water

Instructions

Mix the water, sugar, salt, and yeast together in a large bowl. Let the mixture sit for five minutes, until the yeast starts to bloom (it should look like a layer of foam on the surface of the water).

Add in the butter and flour, and mix until the dough is smooth like satin.

Cover the bowl and let it sit until the dough is doubled in size, about 1 hour.

Preheat your oven to 450 degrees F and spray baking sheets with oil.

Boil water with baking soda in a large saucepan.

Divide the dough into eight pieces. Shape each piece of dough into a 24-inch rope and then twist it into pretzel shape.

Dip each pretzel in the boiling water for 30 seconds on each side before placing it on the sheet pan.

Brush the pretzels with egg wash and sprinkle them with salt.

Bake for 12–14 minutes.