

Pretzels



Pretzels

For 6 medium-size pretzels:

2 cups flour
1 cup warm water
2 teaspoons yeast
1 1/2 tsp raw sugar
1/2 teaspoon salt
1 tablespoon oil
coarse salt
poppy seeds (optional)

2 liters water
2 tablespoons baking soda

Mix the sugar and yeast in $\frac{1}{2}$ cup of warm water. Allow to rest 10 minutes until the yeast begins to ferment. In a bowl, mix the flour, oil, salt, yeast and add the remaining water. The dough should be elastic.

Knead it for at least 5 minutes with the hands smeared with a little bit oil, to prevent sticking.

Allow the dough to rise for at least one hour, in a warm place, until the volume is doubled.

Divide the dough into six equal parts. Roll each part on a

work surface dusted with a little flour. The roll should be thicker in the middle and thinner at the ends. Place the roll in the form of the letter U ...



Pretzels

... twist the ends twice, one over the other...



... attach them to the base.



Bring 2 liters water to a boil, add two tablespoons of baking soda. Dip the pretzels, carefully, one by one, into the hot water (they will float) for a few seconds and then place them on a baking tray. Sprinkle with coarse salt (and / or poppy seeds).



Bake them in the preheated oven, about 20 to 30 minutes.

