

Twisted Pretzels

Jackson Southern - Homelink

Ingredients

- 1 ½ cup warm water
- 1 T salt
- 1 T sugar
- 1 pkg yeast
- 4 ½ cup flour
- 2 T oil
- 2/3 cup baking soda
- Whisked egg yolk
- Salt



Directions

Mix the warm water, salt and sugar and yeast together, and let sit 5 minutes. Add flour and oil and mix well. Cover with plastic wrap and let sit one hour.

Cut the dough into pieces. Roll each piece into a long rope. Twist each rope into a pretzel shape.

Add the baking soda to boiling water. Dip each pretzel in the water, then arrange on a baking sheet. Brush with egg yolk and sprinkle with salt.

Bake at 450 for 10-15 minutes.