

THE CULINARY

Playground



Soft Pretzels

Makes 3

- 1/4 cup warm water
- 1/2 teaspoon yeast
- 1/2 teaspoon salt
- 1 Tablespoon brown sugar
- 1/3 cup bread flour
- 1/3 cup all purpose flour
- 1/2 cup hot water
- 1 tablespoon baking soda
- 1/2 Tablespoon melted butter

Measure water into bowl and add yeast, brown sugar and salt. Add both flours and stir until well combined. Knead for a few minutes on lightly floured surface. Let dough rise until doubled- in proofing oven, or draft free area, covered lightly with plastic wrap, at least 25 minutes

**Bread flour has a higher protein content (than AP) to give the pretzels extra structure and chewiness*

Preheat oven to 450 degrees.

Lay a piece of parchment paper on a cookie sheet and **spray it well** with cooking spray.

Make up the baking soda wash with 1/2 cup hot water and 1T baking soda. Stir well.

Cut dough into 3 pieces and roll into long ropes, either on the table or between both hands. Dust with flour if sticky, but a little tacky is good as it will make rolling on table easier. Use the longer side of the cookie sheet as a guide to how long the dough rope should be.

Shape pretzel and lay on prepared cookie sheet.

Use pastry brush to brush on baking soda wash - this helps pretzels brown. Sprinkle coarse salt on pretzels.

Bake 5-7 minutes or until golden brown. **Keep a close eye so they don't burn!**

Brush with melted butter while still warm.

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Honey Mustard Dipping Sauce

1/8 cup mayonnaise
1 tablespoon honey
1 tablespoon mustard
1/2 teaspoon fresh lemon juice
Pinch of salt, pinch of pepper

In a medium bowl, whisk the mayonnaise, honey, mustard and lemon juice together until combined.
Serve at room temperature or chilled with pretzels for dipping.

This sauce can be held in the refrigerator for 1 week.

Cheese Dip

1 tablespoon butter
1 tablespoon all-purpose flour
1/4 teaspoon salt
1/2 cup milk
1/2 cup shredded Cheddar cheese
1/2 teaspoon yellow or dijon mustard
1/8 teaspoon worcestershire sauce
Pinch pepper

In a medium-size saucepan make roux by melting butter then adding flour and salt, stirring continually in a figure 8 motion with a rubber spatula until the mixture is pasty and the flour flavor has cooked off, about 2 minutes.

Slowly pour milk into the mixture. Whisking over a medium heat until the mixture has thickened. Turn off heat and stir in cheese and mustard. Continue stirring until all of the cheese is melted and the dip is smooth. Stir in worcestershire and pepper.

Taste and adjust seasoning as needed. Serve warm.