

THE CULINARY

Playground



Soft Pretzels

Makes 3

1/4 cup warm water
1/2 teaspoon yeast
1/2 teaspoon salt
1 Tablespoons brown sugar
1/3 cup bread flour
1/3 cup all purpose flour

Use buddy system to measure water. Dissolve yeast, brown sugar and salt in 1/4 cup warm water. Add both flours and stir until well combined but do NOT knead. Let dough rise until doubled, about 25 minutes.

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

Preheat oven to 450 degrees.

As prep: Lay a piece of parchment paper on a cookie sheet and **spray it well** with cooking spray. Make up the baking soda wash; for every 4 kids have a bowl 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 into pretzels and lay pretzels on prepared cookie sheet.

Put out prepared bowls of baking soda wash and pastry brushes. Kids will brush pretzels with wash and sprinkle on coarse salt or cinnamon sugar on each pretzels.

Bake 4-6 minutes or until golden brown. **Keep a close eye so they don't burn!**

Put out bowl of mustard and/or melted butter for dipping.

Honey Mustard Dipping Sauce

2 T Dijon mustard

2 T honey

1/2 T mayonnaise

1 teaspoon lemon juice

Salt and pepper

Using a fork, whisk mayonnaise in a small bowl.

Add mustard, honey and lemon juice, mixing well after each addition.

Season with salt and pepper.

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