



Pretzel Bread

Like a pretzel, this bread has a salty brown crust and a tender texture--perfect for sandwiches.

Recipe by **ARGO, KARO and FLEISCHMANN'S** | Updated on February 11, 2022

Prep Time: 20 mins

Cook Time: 27 mins

Additional Time: 1 hrs 2 mins

Total Time: 1 hrs 49 mins

Yield: 2 (7-inch) loaves

Ingredients

Dough:

- 1 cup milk
- 2 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 1 envelope Fleischmann's® RapidRise Yeast
- 2 teaspoons salt
- 3 cups all-purpose flour, or more as needed

Boiling Solution:

- 3 quarts water
- $\frac{3}{4}$ cup baking soda

Egg Wash:

- 1 egg
- 1 teaspoon water

Directions

Step 1

Heat milk and butter until warm (100 degrees to 110 degrees F); the butter will not completely melt. Combine with undissolved yeast and brown sugar in a large mixer bowl. Stir in salt and 2 cups flour, beat for 3 minutes. Gradually add enough remaining flour to make a soft dough. Knead on a floured surface until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, cover and let rise for 1 hour, or until doubled in size.

Step 2

Preheat oven to 400 degrees F.

Step 3

Combine boiling solution and bring to a boil. Punch dough down and divide into 2 equal pieces. Form each piece into a tight, smooth ball. Boil each loaf in the solution for 2 minutes, turning after 1 minute. Remove loaves from pot using a slotted spoon and place on a greased baking sheet.

Step 4

Brush with egg wash and cut a cross in the top. Bake for 15 minutes then reduce the temperature to 350 degrees F and bake an additional 10 to 12 minutes until the loaves are evenly browned. Remove from pan and cool on a wire rack.

Tips

Variations:

Rolls: Divide dough into 8 pieces and roll each into a ball. Use same procedure as listed above. Boil, egg wash, score top and bake for the same amount of time.

Chocolate Rolls: Divide dough into 8 equal pieces. Flatten each piece into a disk, place 1/2-ounce of chocolate in the center of the disk then fold up the edges to seal the chocolate in the roll. Continue with same process for rolls.

Nutrition Facts

Per serving: 157 calories; total fat 3g; saturated fat 2g; cholesterol 22mg; sodium 4156mg; total carbohydrate 27g; dietary fiber 1g; total sugars 3g; protein 5g; calcium 41mg; iron 2mg; potassium 76mg