

# Sourdough Pretzels

PREP 20 mins

BAKE 25 to 30 mins

TOTAL 2 hrs 35 mins

YIELD 12 pretzels

## Ingredients

### Pretzels

- 3/4 cup + 2 tablespoons (198g) water
- 1 cup (227g) sourdough starter, unfed/discard
- 3 cups (361g) King Arthur Unbleached Bread Flour
- 1/4 cup (28g) Baker's Special Dry Milk or nonfat dry milk
- 1 tablespoon (14g) sugar or 2 tablespoons (14g) non-diastatic malt powder
- 1 tablespoon butter or vegetable oil
- 1 1/2 teaspoons salt
- 2 teaspoons instant yeast

### Topping

- 1 tablespoon sugar or non-diastatic malt powder
- 2 tablespoons (28g) water
- pretzel salt
- 2 tablespoons (28g) melted butter, optional

## Instructions

- ① Prepare a baking sheet by spraying it with vegetable oil spray, or lining it with parchment paper. If you're not using King Arthur Flour's brand, grease the parchment with vegetable oil spray to make double-sure the pretzels won't stick.
- ② Mix and knead the dough ingredients — by hand, mixer, or bread machine — to make a cohesive, fairly smooth dough. It should be slightly sticky; if it seems dry, knead in an additional tablespoon or two of water.
- ③ Cover the dough and let it rest for 45 minutes. It will rise minimally. Towards the end of the rising time, preheat the oven to 350°F.
- ④ Turn the dough out onto a lightly greased work surface, fold it over a few times to gently deflate it, then divide it into 12 pieces, each weighing about 2 1/4 to 2 1/2 ounces.
- ⑤ Roll each piece of dough into an 18" rope. Shape each rope into a pretzel.
- ⑥ Dissolve the malt in the water. Brush the pretzels with the solution, and sprinkle lightly with coarse pretzel salt.
- ⑦ Bake the pretzels for 25 to 30 minutes, until they're a light golden brown. Note: This is correct; there's no need to let the shaped pretzels rise before baking.
- ⑧ Remove the pretzels from the oven, and brush with melted butter, if desired.

We're here to help. King Arthur Baker's Hotline: (855) 371 2253