

Homemade Soft Pretzels

BASED ON AN ALTON BROWN RECIPE

INGREDIENTS

- 1 ½ cups warm (110 to 115 degrees F) water
- 1 tablespoon sugar
- 2 teaspoons kosher salt
- 1 package active dry yeast
- 3 ¾ cups all-purpose flour
- ¾ cup whole wheat **OR** rye flour
- 4 TBSPs unsalted butter, melted
- Vegetable oil, **for pan**
- 10 cups water
- 2/3 cup baking soda
- 1 large egg yolk beaten with 1 tablespoon water
- Pretzel salt (or kosher)

PREPARATION

1. Combine the water, sugar and kosher salt in the bowl of a stand mixer and sprinkle the yeast on top. Allow to sit for 5 minutes or until the mixture begins to foam. Add the flour and butter and, using the dough hook attachment, mix on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl, approximately 4 to 5 minutes. Remove the dough from the bowl, clean the bowl and then oil it well with vegetable oil. Return the dough to the bowl, cover with plastic wrap and sit in a warm place for approximately 45 to 55 minutes or until the dough has doubled in size.
2. Preheat the oven to 450 degrees F. Line 2 half-sheet pans with parchment paper and lightly brush with the vegetable oil. Set aside.
3. Bring the 10 cups of water and the baking soda to a rolling boil in an 8-quart saucepan or roasting pan.
4. In the meantime, turn the dough out onto a slightly oiled work surface and divide into 8 equal pieces. Roll out each piece of dough into a 24-inch rope. Make a U-shape with the rope, holding the ends of the rope, cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel. Place onto the parchment-lined half sheet pan.
5. Place the pretzels into the boiling water, 1 by 1, for 30 seconds. Remove them from the water using a large flat spatula. Return to the half sheet pan, brush the top of each pretzel with the beaten egg yolk and water mixture and sprinkle with the pretzel salt. Bake until dark golden brown in color, approximately 12 to 14 minutes. Transfer to a cooling rack for at least 5 minutes before serving.

New York Style Bagels

From the cookbook Ultimate Bread by Eric Treuille and Ursula Ferrigno

INGREDIENTS

- 2 teaspoons of active dry yeast
- 1 ½ tablespoons of granulated sugar
- 1 ¼ cups of warm water (you may need \pm ¼ cup more, I know I did)
- 3 ½ cups (500g) of bread flour or high gluten flour (plus need extra for kneading)
- 1 ½ teaspoons of salt
- **OPTIONAL TOPPINGS:** Caraway seeds, coarse salt, minced fresh garlic, minced fresh onion, poppy seeds, or sesame seeds. (Everyone in my house prefers plain bagels, but I have no preference, so I just went with the plain, so no one could complain.)

PREPARATION

1. In ½ cup of the warm water, pour in the sugar and yeast. **Do not stir.** Let it sit for five minutes, and then stir the yeast and sugar mixture, until it all dissolves in the water.
2. Mix the flour and salt in a large bowl. Make a well in the middle and pour in the yeast and sugar mixture. NEXT, pour half of the remaining warm water into the well. Mix and stir in the rest of the water as needed. Depending on where you live, you may need to add anywhere from a couple tablespoons to about ¼ cup of water. You want the result to be a moist and firm dough after you have mixed it.
3. On a floured countertop, knead the dough for about 10 minutes until it is smooth and elastic. **Try working in as much flour as possible to form a firm and stiff dough.**
4. Lightly brush a large bowl with oil and turn the dough to coat. Cover the bowl with a damp dish towel. Let rise in a warm place for 1 hour, until the dough has doubled in size. Punch the dough down, and let it rest for another 10 minutes.
5. Carefully divide the dough into 8 equal pieces. Shape each piece into a round. Now, take a dough ball, and press it gently against the countertop moving your hand and the ball in a circular motion pulling the dough into itself while reducing the pressure on top of the dough slightly until a perfect dough ball forms (as pictured below). Repeat with 7 other dough rounds.
6. Coat a finger in flour, and gently press your finger into the center of each dough ball to form a ring. Stretch the ring to about ⅓ the diameter of the bagel and place on a lightly oiled cookie sheet. Repeat the same step with the remaining dough.
7. After shaping the dough rounds and placing them on the cookie sheet, cover with a damp kitchen towel and allow to rest for 10 minutes. **Preheat your oven to 425°F**
8. Bring a large pot of water to a boil. Reduce the heat. Use a slotted spoon or skimmer to lower the bagels into the water. Boil as many as you are comfortable with boiling. Once the bagels are in, it shouldn't take too long for them to float to the top (a couple seconds). Let them sit there for 1 minute, and then flip them over to boil for another minute. Extend the boiling times to 2 minutes each, if you'd prefer a chewier bagel (results will give you a more New York Style bagel with this option).
9. If you want to top your bagels with stuff, do so as you take them out of the water, You will need to use an egg wash to get the toppings to stick before putting the bagels into the oven.
10. Once all the bagels have boiled (and have been topped with your choice of toppings), transfer them to a lightly oiled baking sheet and bake for 20 minutes, until golden brown. Cool on a wire rack.

Dips for Pretzels

Cheddar Dip

INGREDIENTS

- 8 ounces good-quality Cheddar cheese, cut into 1-inch cubes or shredded
- 2 tsps Dijon mustard
- 4-6 tablespoons dry white wine or water
- 2 tsps fresh flat leaf parsley --- optional

PREPARATION

1. Purée cheese with 6 tablespoons wine or water and the dijon in a food processor fitted with knife blade, stopping and scraping down sides with a spatula occasionally, until mixture is creamy and smooth, about 2 minutes.
2. Thin to desired consistency with additional wine or water, adding it 1 tablespoon at a time.
3. Serve immediately, or chill, covered, and return to room temperature before serving.

Honey Mustard

INGREDIENTS

- ¼ cup Dijon mustard
- ¼ cup honey
- 1 tsp cinnamon

PREPARATION

1. Whisk ingredients together thoroughly

Peanut Butter

INGREDIENTS

- 1 CUP CRUNCHY PEANUT BUTTER, natural-no sugar-no salt added
- 1 TBSP powdered sugar
- 1 tsp cinnamon

PREPARATION

1. Whisk ingredients together thoroughly
2. Drizzle back and forth across cooled pretzel; about 1 tsp per pretzel

Bagel Spreads & Toppings

Edamame Hummus

INGREDIENTS

- 1 cup frozen edamame - defrosted
- 1 cup chickpeas (canned, well-rinsed - or - soaked and cooked from dried)
- ¼ cup water
- ¼ cup Tahini (STIR WELL TO COMBINE before using!)
- ¼ cup PLUS 1 TBSP lemon juice
- 1 clove garlic, minced (or 1 tsp garlic paste)
- pinch of sea salt
- ½ tsp red chili flakes - optional
- about 1-3 TBSPs good quality extra virgin olive oil

PREPARATION

- Pour all ingredients into food processor and puree until smooth.
- Season to taste with kosher salt and a bit of white pepper, then drizzle with the extra virgin olive oil before server.

Super Veggie Cream Cheese

Mix together until smooth - chill until ready to use:

- 1 8oz tub plain low fat cream cheese at room temp
- 1 TBSP red, yellow or orange sweet pepper, finely chopped
- 1 TBSP scallion, finely chopped - green included!
- about 2 tsps finely chopped flat leaf parsley OR basil
- 1 TBSP finely grated or minced fresh carrot
- 1 tsp Italian salad dressing mix

Pineapple-Ginger Cream Cheese

Mix together until smooth - chill until ready to use:

- 1 8oz tub low fat plain cream cheese - OR - marscarpone cheese
- ¼ cup chopped, fresh pineapple, juice strained
- ½ tsp freshly grated nutmeg
- 2 tsps finely chopped crystallized ginger
- 1 tsp finely chopped pineapple mint

Honey-Lemon Cream Cheese

Mix together until smooth and chill until ready to use:

- 1 8oz tub plain cream cheese, regular or low fat - OR - marscarpone cheese
- 2 TBSPs Trappist brand lemon marmalade
- 1 tsp honey
- ½ tsp ground cardamom - OR - freshly grated nutmeg

TOPPINGS

SUPER SEEDS+: Chia, flax, poppy, sesame, sunflower

SUPER EVERYTHING:

Above + finely chopped garlic & onion

FINELY CHOPPED GARLIC &/OR ONION

CINNAMON-SUGAR

ADD-INS

BLUEBERRIES,
CRANBERRIES,
STRAWBERRIES; CHOPPED
CHIVES & OTHER FRESH
HERBS; CHOPPED NUTS
AND/OR SEEDS
(PINENUTS, HAZELNUTS,
PEPITAS, FLAX SEEDS,
CHIA SEEDS...);