

RECIPE CARD

Homemade Soft Pretzels per
Chef Billy Parisi

RECIPE NAME

12 pretzels

YIELD

15 mins + 1 hr resting

PREP TIME

20 mins

TIME TO COOK

NOTES

INGREDIENTS

2 cups warm water, 110-115 degrees
1 1/2 tbsp light brown sugar
1 packet active yeast
1 1/2 tsp sea salt
3 oz melted unsalted butter
5 1/4 cups all-purpose flour
1 tbsp oil
3/4 cup baking soda + 1 gallon water
1 egg yolk whisked with 1 tbsp cold water
coarse kosher or sea salt for topping

PROCEDURE

Preheat the oven to 450°.
In a standing mixer bowl, add in the water, brown sugar, and sprinkle on the yeast, whisk together and let it sit for 5 to 7 minutes or until it forms a foamy raft on top. Add the hook attachment, turn the speed to low, and pour in the salt and butter. Add in the flour 1 cup at a time until combined; knead the dough on low to medium speed for 5 minutes.
Put oil into a large bowl and add the dough. Cover with a towel or lid and let it rest until it doubles in size, about an hour.
Bring the baking soda and 1 gallon of water to a boil in a large pot while dough rests. To form the dough, take a small piece and roll it out until it is a 24" long rope. Form the dough into a U shape; holding each end, cross over each other and pull down to make a pretzel with the ends slightly over the other part of the dough.
Turn the boiling water to simmer and cook the pretzels 1 or 2 at a time for 30 seconds; place on a cookie sheet lined with parchment paper or Silpat.
Brush the pretzels with the egg wash and season heavily with the coarse salt.
Bake in the oven for 12 to 15 minutes or until golden brown.