MACHINE MIXING

PREP

1. Combine all the poolish ingredients, and mix to a homogeneous mass. Transfer the poolish to an airtight container, and let it ripen at 21–24°C / 70–75°F for 12 h before using (see page 3.20).

2. Follow the Machine Mixing options on the next page.

3. Transfer to a lightly oiled plastic tub or bowl, and cover with a lid or plastic wrap.

MIX

4. Bulk ferment, covered, for 1½ h. No folds needed.

5. Divide the dough into 140 g pieces.

BULK FERMENT

We do not autolyse this dough because it does not significantly reduce mixing time for enriched doughs.

PRESHAPE

6. Preshape to a bâtard, and taper the ends (see page 3.154).

SHAPE

7. Rest the dough 20 min, well covered.

8. Meanwhile, prepare the sheet pan you will be proofing and baking the pretzels on: line the pan with parchment paper or silicone parchment paper, and coat the paper with cooking spray.

9. Roll out the bâtard into an elongated rope about 50 cm / 20 in long. The dough should be fatter in the middle and taper all the way to the tip on both ends. If necessary, gently mist the dough to help it adhere to itself prior to shaping.

10. Twist the dough rope into a pretzel shape (see options on page 224).