











master recipe

PRETZEL

It is not as hard as you might think to achieve the ideal pretzel combination of a burnished-brown exterior and an exquisitely chewy interior. The key step is to dip the pretzels after they are baked,

rather than before. Food-grade lye is the traditional agent to make this happen, though we also offer a less caustic option of baking soda (see page 228).

TOTAL TIME  Active 16 min Inactive 3 h 35 min	DDT  24-26°C / 75-78°F	DIFFICULTY    Moderate: mixing, shaping Advanced: dipping in lye	OVENS     ★ Convection ★ Combi Deck Home	YIELD / SHAPE  7 pretzels
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INGREDIENTS	WEIGHT	VOLUME	%
For the Poolish			
Bread flour	35 g	¼ cup	100
Water	35 g	3 Tbsp	100
Instant dry yeast	0.06 g	n/a	0.17
For the Dough			
① Water	295 g	1⅓ cups	50
Poolish	70 g	all from above	11.86
Instant dry yeast	5 g	2 tsp	0.85
② Bread flour	580 g	4⅓ cups	98.31
Butter, softened	45 g	3 Tbsp	7.63
Fine salt	12 g	2¼ tsp	2.03
Medium rye flour	10 g	2 Tbsp	1.69
Malt syrup	10 g	1 tsp	1.69
For the Lye Solution*			
Water	500 g	2¼ cups	84.74
Lye powder (sodium hydroxide)**	15 g	1 tsp	2.54
For the Topping			
Pretzel salt	as needed		
Yield	~1.00 kg***		

NET CONTENTS	Ingredients	Weight	%
Bread flour	615 g	98.4	
Medium rye flour	10 g	1.6	
Water	335 g	53.6	
Fat	36 g	5.76	
Salt	12 g	1.95	
Sugar	7 g	1.12	
Yeast	5.06 g	0.81	

For salt, flours, substitutions, and other notes, see pages viii–xi.
 *See page 228 for lye solution substitute.
 **For more on food-grade lye, see Resources on pages XXXVIII–XLIII.
 ***Yield does not include topping.

GENERAL DIRECTIONS

	PROCEDURE	NOTES	TIME active/inactive
PREP	preferment	mix poolish 12 h before using; ferment in an airtight container	see Poolish, page 3-20 12 h
MIX	by hand*	combine ① in a bowl, and stir to dissolve yeast; add ②, and mix until homogeneous; transfer the dough to a worktable, and mix to full gluten development; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap; see Hand Mixing, page 3-116	8–10 min
	by machine*	combine ① in mixer's bowl, and stir to dissolve yeast; add ②, and mix on low speed to medium gluten development; switch to medium speed, and mix to full gluten development; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap; see Machine Mixing options, page 221	10–12 min
BULK FERMENT	1½ h total, no folds; keep covered throughout; see Bulk Fermentation, page 3-126		1½ h
DIVIDE/SHAPE	divide	pretzel 140 g	see How to Divide Your Dough, page 3-136 3–4 min
	preshape	bâtard	see How to Preshape and Shape a Bâtard, page 3-154; shape with tapered ends 3–4 min
	rest	20 min	keep dough covered 20 min
	shape	pretzel	see How to Shape a Pretzel, page 3-170 5–7 min
FINAL PROOF	27°C / 80°F 65% RH	30–40 min	make lye solution, page 220; keep dough covered when proofing at room temperature 30 min–1¼ h
	21°C / 70°F	1–1¼ h	
SCORE	single score across the “belly” (the thickest end of the dough) if desired, see Scoring, page 3-230		1 min
BAKE	see Pretzel Baking Times and Temperatures, page 223; cool, dip in lye solution, and sprinkle with pretzel salt; bake 5 min more		12–18 min

TOTAL TIME *Choose by hand or machine
 by hand 26 min / 3 h 23 min
 by machine 16 min / 3 h 35 min