

Pretzel Bites

Pretzel dough

2 ¼ tsp	yeast
1 cup	warm water
2 Tbsp	sugar
2 Tbsp	brown sugar
1 Tbsp	oil
1 tsp	salt
3 cups	All-purpose flour

Baking Soda Bath

3 cup	hot water
¼ cup	baking soda

Cinnamon Sugar Coating

¼ cup	melted butter
½ cup	granulated sugar
1 Tbsp	ground cinnamon

Salted Coating

¼ cup	melted butter
3 Tbsp	coarse salt for sprinkling

1. Turn oven on to 425F & line a baking sheet with parchment paper
2. Combine 1 cup of warm water, yeast and ½ tsp of the granulated sugar in a bowl – Whisk to dissolve and allow to rest for 2 min.
After the 2 min – Mix in remaining granulated sugar, brown sugar, oil and salt until fairly combined.
3. Slowly add 2 ½ cups of flour in 3 equal portions. Mix with a wooden spoon until the dough is thick.
NOTE – you are reserving ½ cup of the flour to add as you knead the dough to make it less sticky. You may not need to add it all!
4. Turn the dough onto a lightly floured surface and knead the dough for about 3min. you want a soft dough and it may seem slightly sticky. Keep kneading until the dough no longer sticks to your hands and starts to feel smooth. Place back in the bowl to rest for about 5 min.
5. Pour 3 cups of water into a large pot and bring to a boil, then drop down the heat to LOW.
*IMPORTANT, water should be HOT, but not boiling!
Add the ¼ cup baking soda and whisk to dissolve.
6. With a knife cut the dough into 6 equal portions. Roll each portion into a rope about 24 inches long.
Cut each rope into bite size pieces about 1 ¼ inches (3 cm) long. Using a slotted spoon, dip several pieces of dough into the hot water mixture for 10-20 seconds. Remove with the slotted spoon, allowing excess water to drip off, then transfer to your parchment lined baking sheet.
***Make sure the bites do not touch each other or they will stick together!**
7. Repeat the process working in batches until you have dipped all pretzel pieces in the water bath
8. Bake in pre-heated oven for about 8-11min until the tops are nicely golden brown.
9. Remove from oven and place in a large mixing bowl. Drizzle over melted butter and sprinkle with either Cinnamon or Salt.
(you can divide your bites into 2 bowls and make half cinnamon/sugar and half salted if you please)