

Miele

Bavarian soft pretzels

By Miele

20 minutes

Preparation time

26 minutes, plus proving time

Cooking time

10

Serves



INGREDIENTS

- 1 ¼ teaspoons dried yeast
- 310 ml (1 ¼ cups) warm water
- 2 tbsp caster sugar
- 1 ½ tsp salt flakes
- 600 g (4 cups) plain flour, or more if needed
- 1 tbsp baking soda
- 60 ml (¼ cup) water, extra
- 2 tbsp salted butter, melted
- Coarse salt, for topping

METHOD

1. In a small bowl, combine the yeast with the warm water. Set aside for 10 minutes or until bubbles start to form on the surface.
2. Place the flour, sugar, salt and yeast mixture into the bowl of a freestanding mixer with a paddle attachment and mix on low speed until combined.
3. Switch to the dough hook attachment and knead the dough for 10 minutes. The dough should be sticky, but not tacky. Add a little more flour, if needed.
4. Remove the dough from the bowl and knead by hand for 3 minutes, folding over itself and turning a quarter turn each time.
5. Place the dough into a large lightly greased metal bowl. Place into the oven on Prove yeast dough and prove for 30 minutes or until the dough doubles in size.
6. Divide the dough into 10 equal pieces. Shape each piece into a log. Allow to rest for a few minutes and continue to shape the log until it is approximately 50 cm in length. Roll the edges slightly thinner to create the classic shape.
7. Combine the baking soda and extra water in a bowl.
8. Dip each piece of dough into baking soda mixture. This will give the pretzels their distinct dark brown color.
9. Now, shape the logs into a pretzel shape. First create a U with the dough. Cross the tip end of the U over one another twice. Take the ends of the U and fold them over to the bottom of the U. Make a small cut along the base of the pretzel. Place the pretzels on two silicon sheet or baking paper lined universal trays.
10. Place the trays back into the oven on shelf levels 1 and 3 and prove for another 15 minutes.
11. Select User Programmes and create the following:

Stage 1: Select Combi mode: Conventional Bake at 100°C + 100% moisture + 8 minutes.

Stage 2: Select Combi mode: Conventional Bake at 200°C + 60% moisture + 10 minutes.

Stage 3: Select Conventional at 220°C + 8 minutes.

1. Remove the pretzels from the oven before the last stage and brush each pretzel with the melted butter and sprinkle with the coarse salt.
2. Remove the pretzels from the oven and cool slightly before serving.
3. Continue cooking if needed, the pretzels should be dark brown.

Hints and tips

- This recipe was tested in a 45cm combi steam oven. If baking in a larger 60 cm oven bake the pretzels on shelf levels 2 and 4.
- Lye is traditionally used instead of bicarb soda to give pretzels their shiny, mahogany color. We prefer to use bicarb soda as lye is dangerous to work with uncooked.