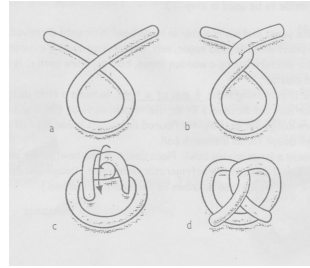
Whole-Wheat Pretzels

Description



Summary

Yield: 12
Source: RLMS
Prep Time: 30 minutes
Category: Appetizers

Ingredients

- 2 cups flour
- 1 1/2 cups whole-wheat flour
- 1 pkg dry yeast - 2 1/2 teaspoons
- 1 cup very warm water
- 1 tbsp sugar
- 1 tsp salt
- 2 tbsps butter
- 1 egg
- Egg Wash
- 1 whole egg
- 1 tbsp cold water
- coarse (Kosher) salt

Instructions

In a medium bowl, mix flour and whole-wheat flour

Mix yeast and warm water in large bowl, stir until dissolved. Add sugar, salt, butter, egg, and 1 1/2 cups of flour mixture. Using wooden spoon, beat until it is smooth and elastic.

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Stir in remianing flour 1/2 cup at time to make a stiff dough. (All flour may not be used.)

Turn dough out onto lightly floured surface and knead 8 - 10 minutes, until dough forms a smooth ball.

Grease large mixing bowl. Placew dough in the bowl, cover with plastic wrap, and place in the refrigerator overnight. Dough will double in size.

Preheat oven to 400°. Cover cookie sheet with foil and grease lightly

Divide dough in half. Evenly divide each half into 4-5 pieces. Roll each into 12-15 inch length rope.

Bring ends of the dough to the center to form a "B". Fold down to form classic pretzel shape Pinch ends to seal. Place on cookie sheet.

Beat egg and water in small bowl. Brush on pretzels, sprinkle with coarse salt.

Bake for 12 - 15 minutes or until brown.

Notes