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# Bread with a Twist--Soft Pretzels



## What we'll Learn. Core Education Standards

**Writing:** Prepare list of tools, equipment and ingredients. Create a food label for final product.

**Reading:** Explore topic in literature/internet Read recipe top to bottom; assemble tools and ingredients. Use general reading skills to understand and interpret instructions.

**Listening and Speaking:** Contribute to group discussion and asks questions. Communicate shared tasks and duties to prepare product. Discuss how foods reflect regions and cultures.

**Math:** Use a variety of strategies in problem solving.

Select appropriate units of measurement (dry, liquid, temperature, length).

Apply basic geometric language for shapes. Apply consumer math to compare products/value.

Predict and verify effects of combining, subdividing and changing basic ingredients and shapes.

**Science:** Apply the function of the yeast cells to a fermentation process in foods.

Plans and conducts a measured investigation using appropriate tools and simple equipment

Identify nutrients in grain food and their functions in human health.

**Life work:** Successfully follow directions to produce a desirable product. Make effective use of basic tools. Prepare a nutritious, inexpensive food for home or sale.

**Behavioral:** Recognize group and cultural influences (food, beliefs) contribute to human development, identity, food preferences and behavior.

## Leader Qs:

**PREHT-zuhl:** twisted, loose knot of baked dough

**Who** enjoys soft pretzels? Why? Who do you think made the first pretzel?

**What** do they cost? What ingredients are in a pretzel? What food group are pretzels in? (Grain)  
What nutrients do they provide?(A:Carbohydrate and fiber; B-vitamins, iron, folic acid, plantprotein)

**Where** do you usually buy them? (Answers vary...mall, fairs, games, street vendors, airports)

**When** were pretzels first made? (See History)

**Why** do you think they are shaped the way they are? Why are they a good food choice?  
(A: People need 50 to 60% of their calories from carbohydrates for brain and muscle fuel)

**How** much do you think they cost if we make them ourselves? (A: about 15 cents each)

**Make some...create** some unique pretzel flavors and shapes.

## Soft Pretzel History

610 A.D., early 7<sup>th</sup> century  
southern France  
Romans and Monks—credited  
with first pretzel shape  
Used leftover dough  
Called "pretiolas" as a little  
reward  
Monks gave pretzels to reward  
children learning their prayers  
1510: Pretzel bakers saved  
Vienna; first heard Turks invading  
1614 wood cut shows pretzel  
held by couple as a marriage  
knot uniting two families  
Wishing on pretzels became  
a common wedding ritual  
Pretzels symbolized long life  
and blessing  
On New Year's Day, Black  
Forest children wore pretzels  
on ribbon loops around necks.  
1652: Colonists arrested for  
selling pretzels to Native  
Americans  
1861: Julius Sturgis Pretzel  
House, Lititz, PA, first sells  
Pretzels—and is still baking!

## Baker Tips

**Wash hands, fingertips to elbows.**

**Wear aprons** or large, clean T-shirts over clothes.

**Wash kneading/rolling surface** with mixture of 1 qt.  
warm water +1 tsp. bleach.

**Mix dough in large bowls or large plastic food bags**—knead in the bowl or bag.

**Keep dough covered** with bowl or bag while it rests—it'll shape A LOT easier.  
If dough pieces are hard to roll into "snakes," cover and let rest 5 minutes.

**TECH Option:** Prepare dough in a bread machine, food processor or with mixer.  
Use the appliance manual to know how much flour it can handle!

**Divide the activity**—Refrigerate dough several hours or overnight. 1. Prepare dough.  
2. Store in plastic food bags or sealing bowls sprayed with pan spray. 3. Be sure to punch  
or work dough down after its first hour in the refrigerator. 4. Keep sealed in bags or bowls.

**Freeze dough** for later! Freeze dough after the dough is kneaded but before it can  
rise even once. Divide dough into 1-lb. pieces. Flatten into disks, 1-inch thick.  
Place on cookie sheet and freeze one hour to harden. Wrap disks in plastic wrap or  
foil. Place in self-sealing plastic food bags. Keep frozen up to 4 weeks. Thaw in  
refrigerator overnight. Partially unwrap and place on counter to bring dough to room  
temperature (15-20 minutes). Punch dough, divide, shape and bake as directed.

**Book and Bake! Bake and read together** *Walter the Baker* by Eric Carle  
*Pretzels by the Dozen* by Angela Hunt

## Take Action:

Host a Pretzel Party! Bring Twister...Wii...DDR...Dance "The Twist"  
Deliver pretzels as thank you gifts to people who've help your club or class.  
Pack pretzels for hiking, camping, horseback riding, biking, blading, traveling, soccer!  
Reduce sodium: Top pretzels with seeds (sesame, sunflower, poppy),  
instead of coarse salt. Toast seeds instead of adding salt for flavor.

## What You'll Need:

Large bowls or plastic food  
Bags for each person  
Large mixing spoon/person  
Measuring cups (liquid & dry)  
and spoons  
Yeast, flour, sugar, salt,  
Water, cooking oil  
Large egg  
Fork & bowl to beat egg  
Pastry brush  
Pretzel sprinkles—coarse  
salt, seeds, cinnamon s  
Kitchen scissors  
Baking sheet pans  
Parchment paper  
Oven  
Cooling racks or cutting  
boards to set hot pans  
Food wrap or bags  
Opt: skillet, water, soda  
**Top Tech Takes:**  
-Prepare dough with bread  
machine or food processor  
-Pin photos of the results!  
-Plan a Bake Sale for funds-  
Instagram/Tweet location(s)



**More:** Educator resources,  
HomeBaking.org

## Whole Grain Soft Pretzels

Makes 6 large or 12 medium (2 oz/54g) pretzels

### Ingredients

- 1 pkg. (2¼ tsp/1/4 oz) fast-rising yeast
- 1 ¼ cup warm water (115-120° F)
- 2 tablespoons butter or vegetable oil
- 1 tablespoon sugar
- 1 ¾ cups whole wheat flour\*
- 1 to 1 ¼ cups unbleached all-purpose flour
- 1 teaspoon salt
- 1 large egg + 1 tablespoon cold water, beaten
- \*\*Coarse salt, sesame, poppy or chopped roasted sunflower kernels

\*May be whole red wheat flour (darker color) or whole white wheat flour (lighter color and flavor)—both are nutritionally the same.

### Directions

1. Wash hands and surface to knead and shape dough.
2. In a large mixing bowl, measure and combine 1 ¼ cups of the flour, yeast, sugar and salt; mix well. Add warm water and oil to the mixture. Mix until moistened, then beat 3 minutes, by hand or with mixer (medium speed).
3. Stir in, ¼ cup at a time, flour until dough forms a rough ball. Knead in the bowl or on a clean lightly floured surface until smooth and elastic. (All the flour may not be needed.)
4. Turn the bowl over the dough and let it rest 10 to 30 minutes (Or, place dough in greased bowl or plastic bag; cover with lid or close bag).
5. Punch dough down and knead into a smooth ball. Divide in 4. Divide again, each piece into thirds. Cover the dough to rest again, 5 minutes.
6. Roll or shape each piece into a “snake” or long thin cylinder, at least 18-inches long. Shape into pretzels. Cover with pan-sprayed plastic wrap for 10 minutes on a well-greased or parchment-lined baking sheet. **Preheat the oven to 450° F.**  
**For extra chew:** After 10 minutes, lower each pretzel into a boiling bath, 10 seconds on each side. (Boiling bath= 6 cups boiling water + 6 tablespoons baking soda); drain; place on parchment-lined or greased baking sheet and go to Step 7.
7. Brush beaten egg and water over the pretzels. **Option:** Sprinkle w/coarse salt or seeds
8. Bake 12 to 15 minutes at 425° F. until golden. Cool on wire rack.

### Nutrition Facts Whole Grain Soft Pretzels\*

One of 12—2 oz/54g

Calories 130 Calories from fat 25 (19% of calories)

Total Fat: 2.5g Saturated Fat: 0g Trans fat: 0g

Cholesterol: 0 mg

Sodium: 196 mg (1/8 tsp. Kosher salt adds 140 mg/pretzel)

Total Carbohydrate: 23g

Dietary fiber: 3g

Sugars: 1g

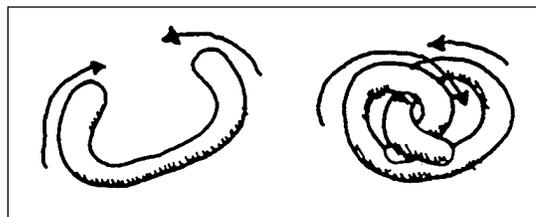
Protein: 4g

Vitamin A: 0% Calcium 0%

Vitamin C 2%

Iron 6%

\*\*Whole Grain Soft Pretzels are a Smart Snack unless salted seeds, coarse or Kosher salt are added as a topping.



### Explore these Smart Snack\*\* taste options...Multi-grain, Raisin Cinnamon, Chocolate!

**Multi-grain:** Substitute ¼ c. rye flour, cornmeal, flaxmeal, rolled barley **or** oatmeal for ¼ c.all-purpose flour

**Raisin Cinnamon:** Add 2 T. dry milk, 1 teaspoon cinnamon and 1/2 cup chopped raisins—sprinkle each with ½ tsp. additional cinnamon sugar mixture just before baking.

**Chocolate:** Include sugar (1 T.); add 2-3 T. cocoa powder, ½ tsp. vanilla and 1 egg; sprinkle each with 1/2 tsp. (3g) coarse sparkling sugar before baking.