

Soft Pretzels

Makes 6-9, approximately 5" pretzels

Ingredients

Makes
(6)

Makes
(9)

warm water	¾ C	1 C + 2 T
yeast	1 t	1 ½ t
brown sugar	1 t	1 ½ t
all-purpose flour	2 C	3 C
salt	½ t	¾ t

Baking Soda Mix

warm water	¼ C	¼ C + 2 T
baking soda	¾ t	1 ¼ t

Cardamon Honey Dipping Sauce

honey	¼ C	¼ C + 2 T
lemon juice	2 t	1 T
confectioners sugar	½ t	¾ t
ground cinnamon	½ t	¾ t
ground cardamom	½ t	¾ t

Variation: Savory Spice Mix

coarse salt	¼ C	¼ C + 2 T
garlic powder	1 T	1 ½ T
smoked paprika	1 T	1 ½ T
dried basil	1 T	1 ½ T
unsalted butter, melted	2 T	3 T

Variation: Honey Mustard Dipping Sauce

dijon mustard	¼ C	¼ C + 2 T
honey	1 ½ T	2 T + 1 t
salt	pinch	¼ t
pepper	pinch	¼ t



Instructions

Preheat oven to 450 degrees.

Add warm water, yeast, and brown sugar to a large mixing bowl. Stir to dissolve. Then add flour and salt in small increments, stirring to combine and eventually kneading the dough until smooth and elastic. Place dough in a well oiled bowl, cover and let rise at least 30 minutes.

While dough is rising, make the baking soda mixture. Mix baking soda and warm water in a bowl.

After dough has risen, pinch off bits of dough (about 3 oz pieces) and roll into a long rope about ½" thick. Shape into desired soft pretzel shape. Brush formed pretzels with baking soda solution and

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place on a baking sheet (do not use parchment paper as pretzels will stick). Bake for 8-10 minutes or until golden.

While pretzels bake, make the cardamom dipping sauce. In a small bowl, whisk together honey, lemon juice, confectioners sugar, cinnamon, and cardamom until smooth. Pour into a small dipping bowl. Remove soft pretzels from oven. Serve fresh soft pretzels with dipping sauce on the side. Enjoy!

Variation: Savory Spice Mix

If you prefer a more savory pretzel, make the savory spice mix in lieu of the dipping sauce. Add all ingredients into a bowl and set aside. As soon as pretzels are done baking, brush pretzels with melted butter and immediately sprinkle with savory spice mix. Enjoy!

Variation: Honey Mustard Dipping Sauce

If you're not a huge fan of cardamon, try making the honey mustard dipping sauce instead. In a small bowl, whisk together dijon mustard, honey, salt and pepper until smooth. Pour into a small dipping bowl. Remove soft pretzels from oven. Serve fresh soft pretzels with dipping sauce on the side. Enjoy!

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