

Homemade Soft Pretzels

by Adrienne Haskins

Total time: 1 hour & 30 minutes (includes proofing and active times) • *Makes 8 Pretzels*

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Ingredients

- 3/4 cup whole milk
- 1/4 cup water
- 1.5 tbsp sugar
- 1 package active dry yeast
- 2.5 cups flour
- 2 tbsp butter, softened
- 1.25 tsp salt
- 3 cups hot water
- 1/2 cup baking soda
- 1 egg yolk, beaten
- 1 tbsp water
- coarse sea salt

Directions

1. In saucepan, heat and stir milk, water and sugar over low heat until warm (110F-115F). Pour into bowl of mixer. Sprinkle with yeast; let stand 5 minutes until foamy add 2 1/3 cup flour, the butter, and the salt. Using the hook, beat on low for 2-3 minutes until combined. Beat on medium-low for 8-10 until dough forms.
2. Turn dough onto surface and knead a few times and form into a ball. Place in greased bowl, cover and let rise one hour.
3. Preheat oven to 450 and line baking sheet with parchment paper.
4. Punch dough down. Turn onto surface and divide into 8 sections. Roll and stretch each into a 30 inch rope. Shape each pretzel, pressing to seal.
5. Stir together 3 cups hot water and baking soda in a large bowl. Using a slotted spoon, lower each pretzel for 10 seconds. Blot bottoms on paper towel to dry. Arrange 2" apart on sheet.
6. Combine egg yolk and water. Brush each pretzel and top with sea salt. Bake 10-12 minutes.