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Pretzel Buns

Prep time: 90 minutes Baking time: 15 - 25 minutes Yield: 16 small size buns, or 8 large buns

Here's What You Need:

1 ½ cups warm tap water
2 teaspoons dry active yeast
½ cup granulated sugar
2 teaspoons kosher salt
4 cups all-purpose flour

Just before going into the oven you will need:

4 cups super-hot tap water; use a slotted spoon spatula for dunking your buns
4 tablespoons baking soda
1 stick melted butter to brush the tops of your buns
Kosher salt for garnish

Here's How You Do It:

Line two cookie sheets with parchment paper and grease lightly. Set aside.

Using a stand mixer with the dough hook attachment (or by hand), add first three ingredients and stir to dissolve. Add salt, then slowly pour in the bread and all-purpose flour, and mix until dough is smooth.

Remove dough hook, cover bowl with plastic wrap, and let rise for 45 minutes. In another bowl large enough to dip your pretzel, combine the remaining water and baking soda.

Divide dough into 8 - 16 pieces. Shape the dough into a bun shape. Stir the water and baking soda solution and dip the pretzel bun into the solution using a spatula. Remove and place on to the greased baking sheet; with a knife, cut slits to allow air to escape during baking. You can brush your pretzel buns before or after baking. I like to do it twice!!!!

Preheat oven to 450 degrees.

Allow pretzels to rise on the baking sheet for an additional 30 minutes before placing into the oven.

Bake for 12 - 15 small buns (18 - 20 minutes for larger buns) or until golden brown.

Brush with melted butter and sprinkle salt

BBQ SAUCE

Prep time: 10 minutes Yield: 2 cups

Here is what you need:

¾-cup light or dark brown sugar
¾-cup ketchup
¼-cup red wine vinegar
1-teaspoon Worcestershire sauce
1-tablespoon dry mustard
1-teaspoon paprika
1-teaspoon salt
½-teaspoon black pepper
Splash of hot sauce (optional)

Here is how you do it:

Mix all ingredients in a bowl; transfer into an airtight 16 oz. jar. **Keep refrigerated until ready to use.**