

Recipe No. 28/2016

# Laugen Bretzels - Pretzel

Today's recipe was demonstrated and shared in a Cape Town Cooking class earlier this month. Mecky, heading up the team with Hilly and Marc, put together a very successful evening with German recipes. The theme will be Italian for the next class so watch this space to come and share the evening with us. Thank you to Marc Friederich for sharing his recipe.

NB: Suitable for both TM5 and TM31

Total time: 40 minutes  
Makes 10 Pretzels

## Ingredients

240 g water  
3 1/2 tsp dry yeast  
5 g sugar  
50 g butter  
500 g bread flour  
1 1/2 tsp salt  
1 000 g water  
50 g bicarbonate  
2 tsp coarse salt to sprinkle on Pretzel



**Method** - preheat oven to 180°C. Bring a pot of water to the boil on the stove. Prepare a baking tray

1. Mix water, yeast and sugar **2 min/37°C/speed 2**.
2. Add butter, flour and salt. **Knead/2 min**.
3. Cut the dough into 10 pretzel shapes.
4. Add bicarbonate to boiling water. Poach each Pretzel for 15 seconds. Place on baking tray and sprinkle with salt. Bake 15 minutes until lightly golden.

## Cooks' notes

- 10 seconds before kneading time ends, add 1 tsp cumin seeds or to taste

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