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# Pretzel Chemistry

## MEGAPRETZELS

This recipe will make 8-10 large pretzels.

### WHAT YOU NEED

#### UTENSILS

- mixing bowl
- greased bowl
- cutting board
- clean dish towel
- wooden spoon
- greased cookie sheet

#### INGREDIENTS

- 1/4 ounce package or 1/2 tablespoon active dry yeast
- 1/2 cup warm water
- 1 tablespoon honey
- 1 teaspoon salt
- 1 1/2 cups flour
- 1/4 cup flour (to sprinkle on cutting board)
- 3 tablespoons melted butter
- extra salt

What happens to the shapes as they cook?

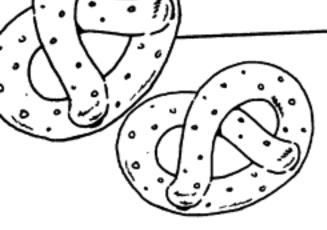
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 Stir yeast into the warm water. Add honey and salt. Let sit about 5 minutes. What happens to the mixture?

- Stir in 1 1/2 cups flour to make a thick mixture.
- Sprinkle 1/4 cup flour (as needed)
   on a cutting board. Knead dough on the
   board for 5-7 minutes.
- Put dough in greased bowl and cover with the dish towel. Let dough sit at room temperature about 20 minutes.

Why is there wait time here? What happens to the dough?

- Roll out long thin pieces of dough and make shapes or letters. Place these on a greased cookie sheet.
- An Adult Needs to Help with These Steps
- Pre-heat oven to 475° for 5 minutes.
- Pour melted butter over pretzels. Sprinkle salt.
- 8. Bake pretzels for 10-12 minutes.
- 9. Enjoy!



Take chances!
Make mistakes!
And especially . . .
Get messy!

