

name: _____

date: _____



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 TO DO

1. Stir yeast into the warm water. Add honey and salt. Let sit about 5 minutes.
2. Stir in 1 1/2 cups flour to make a thick mixture.
3. Sprinkle 1/4 cup flour (as needed) on a cutting board. Knead dough on the board for 5-7 minutes.
4. Put dough in greased bowl and cover with the dish towel. Let dough sit at room temperature about 20 minutes.
5. Roll out long thin pieces of dough and make shapes or letters. Place these on a greased cookie sheet.
6. Pre-heat oven to 475° for 5 minutes.
7. Pour melted butter over pretzels. Sprinkle salt.
8. Bake pretzels for 10-12 minutes.
9. Enjoy!

What happens to the mixture?

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

What happens to the shapes as they cook?

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

