Sourdough Fat Pretzels

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(Makes 8 pretzels, 970 grams of dough at 61% hydration)

- **175 grams sourdough starter at 100% hydration**
- **270 grams water**
- **15 grams oil**
- **500 grams bread flour**
- **10 grams salt**

In the late afternoon or early evening, in a large mixing bowl combine the starter, water, oil, bread flour and salt. Cover and let the dough proof for about 4 hours, turning the dough or folding it once each hour. Cover tightly and refrigerate overnight.

The next morning divide the dough into 8 pieces at around 115 grams each. Roll into ropes about 18 - 20 inches long, lightly flouring if necessary to keep from sticking. Shape into pretzels and place on greased or parchment lined baking sheets. Let proof approximately 1.5 hours. Start preheating oven to 400F/204C about one hour before pretzels are done proofing.

When your pretzels have ½ hour before they're finished proofing, get a large pan that will hold 3 quarts of water with room to spare. Bring the water to a low boil and add ¾ cup of baking soda and 1 Tablespoon of salt. The water will boil furiously when the soda is added but will settle down. Simmer as many of the pretzels as will fit comfortably in your pan for 30 seconds on each side. Drain and transfer to a well greased baking sheet. Beat one egg with 1 Tablespoon of water and brush on top of the pretzels, sprinkle with coarse salt.

Bake in a hot 400F/204C degree oven for around 20 minutes or until nice and brown, turning the pan after 10 minutes for even browning. Remove immediately from pan to prevent sticking. Serve warm or cooled the same day. To reheat the next day, put into a hot oven for a few minutes as they are somewhat soggy by the next day from the salt drawing out the moisture.

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