

## **Manfred Enoksson's Pretzel Formula: (With Modifications by Guy Frenkel)**

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(makes about 18)

- **600 grams pasta madre (same as lievito madre which is a 50% hydration stiff sourdough starter).**
- **50 grams of sourdough starter (at 100% hydration).**
- **600 grams all-purpose or bread flour.**
- **300 grams water**
- **20 grams salt**
- **40 grams sugar**
- **50 grams butter**

(Note: I also milled a tiny bit of home made malt with the grains which is optional.)

Mix ingredients in the mixer for 5-8 minutes. Bulk ferment for 1 hour at 75-80 degrees Fahrenheit (24-27 degrees Celsius.) Shape into pretzels at about 100 grams each. Cover with plastic and refrigerate 3-6 hours. Dip in lye water or soda water for 3 seconds. See warning below on working with lye. Sprinkle with coarse pretzel salt and bake at 450 degrees Fahrenheit (230 degrees Celsius) for 13-15 minutes or until dark brown

**Lye water: 35-40 grams of lye per 1 liter of water**

**Soda water: 35-40 grams of baking soda per 1 liter of water**

To increase the alkalinity of the baking soda to be a little bit closer to lye you can bake the dry baking soda at 250 degrees Fahrenheit (120 degrees Celsius) for one hour and store in a tightly sealed container.

**Use extreme caution when working with lye - always add the lye to the water, not the other way around. Use gloves and eye protection. Stand back and look away when you are stirring the lye (avoid lye fumes)(or try using baking soda water, it's safer).**