

Pretzel Formula from Manfred Enoksson

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(makes about 18)

- 400 grams water.**
- 400 grams wheat**
- 10 grams commercial yeast.**

Mix and ferment for 24 hour in the fridge. This mixture is called a poolish, which is like a sponge but has a higher hydration and is left to ferment for a longer period.

The next day add the following ingredients to your poolish:

- 100 grams sourdough @100% hydration**
- 550 grams bread flour +/-**
- 100 grams warm water.**
- 20 grams salt.**
- 40 grams sugar.**
- 60 grams butter.**

Mix ingredients in the mixer for 5-8 minutes. Bulk ferment for 3 hours at 75-80 degrees Fahrenheit (24-27 degrees Celsius) or until you see the dough starting to rise. Shape into pretzels at about 100 grams each and then let the dough proof until you see about 30% rise. Cover with plastic and refrigerate 3- 16 hours. Dip in lye water or soda water. 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).