

## Sourdough Pretzels from Amy's Bread

Yield 24 Soft Pretzels

Soft Sourdough Pretzels		
Sponge		
156	Grams	**Liquid levain sourdough starter
38	Grams	Bread Flour
32	Grams	Water
Dough		
715	Grams	Bread Flour
750	Grams	All-Purpose Flour
25	Grams	Sugar
32	Grams	Kosher Salt
8	Grams	Dry Yeast
20	Grams	Warm (110 degree) Water
700	Grams	Cool (75 degree) Water
45	Grams	Canola Oil
6	Grams	*Barley Malt Syrup
2	Handfuls	Baking soda for water bath
		Coarse sea salt for sprinkling

\*Note: if you don't have barley malt syrup, you can substitute honey or molasses.

1. Start with the Sponge: In a medium mixing bowl add liquid levain that is active and ready to use, 38 gr. bread flour and 32 gr. warm water. Mix together with your fingers, cover with plastic film and place in a warm area (80 degrees) for about 2 hours or until the mixture looks slightly bubbly.
2. While the sponge is rising, measure your other ingredients: Place bread flour and AP flour, sugar and salt in one bowl. Place oil and malt syrup in a small bowl. Set dry yeast aside in a small bowl. Do not measure water yet. Set aside baking soda and coarse salt for the shaping the pretzels later.
3. When the sponge is ready, place it in the bowl of a stand mixer fitted with a dough hook or place in a large mixing bowl. Add oil and malt.

4. Measure 20 gr warm water and mix with yeast to activate. Set aside for 2 minutes. Add 700 gr. cool water to the mixing bowl. When yeast looks active add yeast mixture to the liquids in the mixing bowl.
5. Add dry ingredients to the bowl. Mix on first speed or by hand until the dough gathers together and there are no dry clumps. Move to second speed and knead for 2-3 minutes until a smooth dough forms. If the dough feels extremely dry, add 1-2 tablespoons of water. This dough should be rather firm, somewhat like bagel dough.
6. When dough looks smooth and elastic, move it to a clean bowl that is lightly oiled and cover with plastic. Allow to rise for 20 minutes at room temp, then place in refrigerator over night.
7. The next day, take the dough from the refrigerator and allow to set for 1 hour at room temp. Dump the dough carefully onto the table and pat it into a square or rectangle. Divide into square pieces that weigh 105 gr. each. You should get about 24 pieces. Let the dough rest for a few minutes and then begin to shape your pretzel ropes.
8. To form a rope, place the dough piece on the work table. Stretch it out into a rectangle then fold the top down and seal it, then fold it again, and one more time to make a cylinder. Place your hands in the middle of the cylinder and begin to elongate the rope by rolling it back and forth moving from the middle outward. Make each rope tight, and elongate to about 2 feet, then let the rope rest. Shape all dough into ropes.
9. Heat water to a simmer and place in a wide flat pan. Make sure the water is about 2 inches deep. Add 2 handfuls of baking soda and mix around with a spoon or whisk so you don't burn your hands! Prepare several sheet pans with parchment paper.
10. Now that all the ropes have rested, elongate each one to almost 3 feet and taper the ends slightly. Now lift both ends, twist the dough once or twice in the air and set down on the table in a pretzel shape. Push the tips into the dough to seal it tight.
11. After you have shaped several pretzels, dip each one, one by one, into the hot, baking soda water then place on sheet pans, with 3 inches between each pretzel.

You may want to wear gloves or use a slotted lifter to lower the pretzels into the hot water.

12. After all the pretzels are shaped, dipped and panned, sprinkle a little coarse sea salt on each pretzel, then set them aside to rise for about 20 minutes.

13. Preheat oven to 425 degrees. Just before baking, mist each pan of pretzels generously with water and place quickly into the oven. If you have a small oven, bake only a few pans at a time. Bake for about 15-16 minutes or until golden brown. If your oven runs hot, turn it down to 375 after the first 8 minutes to prevent burning.

14. Allow to cool for a short time, then eat and enjoy with mustard and a cool beverage!

**\*\*Liquid Levain Sourdough starter:**

Use a sourdough starter that is active. We suggest that you use this ratio to refresh your starter about 8 hours before making the pretzels. You will have enough starter for this recipe and some left to refresh your starter for the future. Mix together well with your fingers, cover, and set aside for 8 hours.

15 grams sourdough starter

80 grams bread flour

110 grams water