



# Pizza Pretzels

## Equipment List

Measuring cups and spoons  
Large & medium bowl  
Wooden spoon  
Dough scraper  
Pastry brush  
Cookie sheet  
Cooling rack

- 250 ml flour
- 50 ml whole-wheat flour
- 125 ml warm water (hot tub temperature -105-115)
- 7 ml instant yeast (fermipan or quick rise)
- 3 ml sugar
- 1 ml salt

- Pizza sauce
- Grated cheese

## METHOD

- 1. Preheat oven to 400°F. CON BAKE 4/0/0 START
- 2. Mix the flour and whole wheat flour together in a medium bowl
- 3. Mix sugar, salt and yeast together in a large bowl. Add warm water. Stir with a wooden spoon until yeast is dissolved.
- 4. Add the flour gradually (a little at a time) to the yeast mixture, stirring vigorously until the mixture forms a ball. If still sticky, add 15 ml of flour at a time. You may find that you do not use all the flour. Knead the dough. The dough should be soft but not sticky.
- 5. Turn dough onto floured counter and knead with hands for about 10 to 15 times until dough is smooth and elastic like.
- 6. Cut dough into 4 equal-sized pieces. With floured hands, roll one piece of dough back and forth between palms of hands to form a dough rope. Continue rolling and stretching dough rope until it is 35 cm long.
- Place rope on a silicone covered baking sheet and form a pretzel shape.
- Continue with remaining dough, placing pretzels on baking sheet with space between them away from the edges of the pan
- Brush on pizza sauce and press on grated cheese. Making sure not to get pizza sauce and cheese on the side of the pan
- Bake 15 minutes or until golden brown (check the bottom). Pretzels taste best when eaten warm.

