THE J.M. SMUCKER Co

# Pretzel Rolls

| Prep Time | Cook Time | Serves | Difficulty |
|---|---|---|---|
| 20 mins | 29 mins | 16 | N/A |

## Ingredients

- 1 tsp (5 mL) granulated sugar
- 1/2 cup (125 mL) warm water (105°-115°F/40°-56°C)
- 1 pkg (8 g / 2 1/4 tsp) active dry yeast
- 1 cup (250 mL) warm water (105°-115°F/40°-56°C)
- 2 tbsp (30 mL) packed brown sugar
- 2 tsp (10 mL) salt
- 3 1/2 cups (875 mL) **Robin Hood®** Best for Bread Flour Homestyle White

  **Robin Hood**® Best for Bread Homestyle White Flour

- 12 cups (3 L) water
- 1/2 cup (125 mL) baking soda
- 2 tbsp (30 mL) granulated sugar
- 2 tbsp (30 mL) egg whites, well shaken
- 1 tbsp (15 mL) coarse salt

## Directions

**Step 1:**

Dissolve sugar and water in a large bowl of an electric mixer. Sprinkle in yeast. Let stand 10 minutes, stir well.

**Step 2:**

Add warm water, brown sugar, salt and 3 cups (750 mL) flour to dissolved yeast mixture. Using dough hook attachment beat dough on low speed until flour is incorporated. Increase speed to medium and continue beating for 5 minutes. If necessary, add more flour to make a soft dough which leaves the sides of the bowl.

**Step 3:**

Knead dough on a floured surface, adding more flour as necessary, until no longer sticky (about 5 minutes). Place in a lightly greased bowl. Cover with plastic wrap and a tea towel.

**Step 4:**

Rise in warm place (75°-85°F/24°C-29°C) until doubled in size, about 60 minutes.

**Step 5:**

Line two baking sheets with parchment paper. Punch down dough. Divide into 16 pieces and form into balls. Place on prepared baking sheets. Using sharp scissors cut an X in centre of each roll. Cover with towel and let rise until doubled in size, about 20 minutes.

**Step 6:**

Preheat oven to 375°F (190°C). Bring 12 cups (3 L) water to a boil in a large stock pot. When rolls have doubled in size, slowly add baking soda and sugar to boiling water. Water will foam up. Boil 4 rolls at a time for 1 minute. Remove from water with slotted spoon, drain and place back on baking sheets. Brush with egg white and sprinkle with coarse salt.

**Step 7:**

Bake in preheated oven until brown, about 20 to 25 minutes. Cool on wire cooling rack.

# Images

