

JVIA Oktoberfest Soft Pretzels

Ingredients

- 1/4 cup warm water (not hot about 110-114 degrees)
- 1 (1/4 oz) pkg active dry yeast
- 1 tbsp sugar
- 1 tbsp olive oil
- 1 tsp kosher salt, divided
- 1 cup brown ale (any kind), at room temperature
- 3 3/4 to 4 cups all purpose flour
- 2 cups hot water
- 1 tsp baking soda
- 1 egg, beaten
- 2 tbsp butter, melted
- honey mustard OR any other mustard for serving

Directions

1. Place warm water in a lg. bowl, sprinkle with yeast. Let stand 5 min.
2. Add sugar, oil, 3/4 tsp. salt, ale and enough flour to make soft dough. (add 3 3/4 cups first, then see if you need more. You can always incorporate more while kneading)
3. Mix with dough hook on low until flour and liquid is incorporated, then increase to medium speed for 5 to 6 minutes. Or, if mixing by hand, place dough on lightly floured surface. Knead 6-8 min., or until smooth and elastic.
4. Place in lightly greased bowl and cover. Let rise in WARM place until doubled in bulk, about 60 min.
5. Punch dough down. Divide into 12 pieces.
6. Roll each piece into a rope, about 20 inches long. If you want soft pretzels, make your rope thicker; if you prefer them lightly crunchy, make your rope really thin.
7. Combine hot water and soda in a shallow container or a pie plate. Dip pretzels into solution. Take care not to burn your hands.
8. Shape rope into pretzels and place on lightly greased baking sheet or on parchment paper.
9. Cover pretzels loosely and let rise in WARM place for 15-20 min.
10. Brush with beaten egg. Sprinkle with remaining 1/4 tsp. salt. (use more salt if desired).
11. Bake in preheated 425F oven until lightly golden, about 15 min.
12. Brush with melted butter. Serve with mustard.
13. Pretzels can be kept in a ziplock or air tight plastic container without refrigeration for several days. Just warm up in the microwave for a few seconds.