



Hand made crunchy pretzel sticks

Get your hands on these 'knead'-to-try pretzel sticks – fresh from the mill to your mouth.

Ingredients

- 260 g wheat berries, hard
- 260 g wheat berries, Durum

DR. MEL'S QUICK NO WAIT YUDANE

- 50 g water, boiling
- 25 g flour, any (from milled flour)

REMAINING DOUGH INGREDIENTS

- 300 g water, cold
- 15 g sea salt
- 6 g yeast
- 6 g sugar, granulated (optional)
- 20 g butter

PRETZEL WASH (SPRAY)

- 18 g baking soda (1 tbsp baking soda)
- 240 g water (1 cup)

TOPPING:

Directions

1. Mill the flour.
2. Make the Yudane by mixing 25 grams of milled flour with 50 grams of boiling water. Mix it quickly into a paste.
3. Add water to your mixing bowl with Yudane and sugar. Give it a swirl, then add salt and yeast.
4. Add remaining flour to the bowl and begin mixing with a danish dough whisk (or by hand if you like). Add in butter, and continue mixing for several minutes by hand.
5. Rest the dough for 30 minutes and knead for a few more minutes until the dough is more pliable and workable.
6. Let the dough rise until doubled.
7. Punch down the dough (we did it the fun way this time).
8. Scale (divide) the dough into 4 parts, and take one section out at a time for shaping. Keep the remaining dough covered with a damp towel.
9. Divide the section into 4, and shape one section at a time.
10. Preheat oven to 420 F.
11. Simple Shaping:
12. Roll the dough flat, and cut into strips. Roll each strip into a 1/2 cm log.
13. Place on parchment lined tray space apart, and cut to size with a rolling cutter or bench scraper.
14. Mix baking soda with boiling water and stir to fully dissolve it.
15. Spray or brush baking soda wash on the pretzels, and top with coarse sea salt or kosher pretzel salt.
16. Bake 8-10 minutes until nicely browned.
17. Turn off oven and let pretzels continue to harden while the oven cools down, or transfer to a dehydrator tray set to 125 F until fully crispy.

Notes

