



100% Rouge de Bordeaux Pretzels (soft and crunchy)

Guardian Grains wanted to know how my pretzel recipe would fair with rouge de Bordeaux. They are fantastic! We do these the quick and dirty way, without a water bath.

Ingredients

- 500 g wheat berries, hard (Guardian Grains Rouge de Bordeaux)

DR. MEL'S QUICK NO-WAIT YUDANE:

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

REMAINING DOUGH INGREDIENTS

- 325 g water, cold
- 15 g sea salt
- 6 g yeast
- 6 g syrup, date (optional)
- 20 g butter

LYE SPRAY

- 224 g water, cold (1 cup)
- 5 g baking soda (baking soda, baked soda, or NaOH (food grade))

EGG WASH

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 cold water to your mixing bowl with Yudane and sweetener. 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 each one into a pretzel.
10. Simple Shaping:
11. Roll out a long log
12. Turn up the ends to make a "U" shape
13. Take the top right end, and turn it down to make the number "6"
14. Cross the other side over to complete the pretzel
15. Crunchy Pretzel Stick Shaping:
16. Roll out a long log shape about 1/8 - 1/4" in diameter.
17. Proofing/Baking:

18. Proof the shaped pretzels for 30 minutes while your oven preheats.
19. Bring the lye spray together in a glass spray bottle by adding the water first, and then sprinkling in the baking soda, baked soda, or food grade. Put the lid on, and gently turn the bottle upside down and right side up to dissolve the lye in the water.
20. Spray the shaped pretzels heavily with the lye wash, being careful not to breathe it in or get it on other surfaces.
21. Mix egg wash ingredients together with a fork or a whisk.
22. Brush each pretzel with egg wash using a pastry brush, then sprinkle with coarse sea salt or kosher pretzel salt.
23. 425 degrees F 10-15 minutes until nicely browned.
24. Remove from oven and pan to cool on a wire rack.
25. For crunchy pretzel sticks, use the dehydrator until they are crispy, or leave them in the oven with the door cracked while the oven cools down.

Notes

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I lowered the hydration and used a very hard wheat (like durum) to get the dense, chewy texture known to Philly Pretzels. For fluffy pretzels, replace the durum with spelt.

Instead of a boiling water bath, you can do a lye bath instead (not heated).

2 cups of cold water and 18 grams of NaOH (sodium hydroxide, food grade).

Critical Safety Tips:

- **Always add lye to cold water**, never water to lye — this prevents dangerous exothermic reactions and splattering.
- Wear **gloves, eye protection**, and work in a **well-ventilated area**.
- Use **stainless steel or glass** containers — avoid aluminum, plastic, or wooden surfaces.
- The lye solution can be **reused** multiple times and stored in a sealed glass jar.
- **Never use drain cleaner or industrial lye** — only **food-grade sodium hydroxide** is safe for baking.

After dipping pretzels for **10–15 seconds**, sprinkle on salt, and bake immediately at **450°F (230°C)** for 12–15 minutes.