

Let's Make Pretzels



In 610 A.D. a monk, baking unleavened bread for Lent, made some shapes from leftover dough. Because Christians in

those days prayed with their arms crossed, he shaped the dough to reflect that posture. He named the treat *peritola*, a Latin word that means "little reward". It became tradition to give pretzels to children that memorized their prayers.

Try making some "little rewards" using the following recipe.

Prep Time: about 30 minutes

Ingredients:

1 tbsp. yeast	1-1/3 c. flour
1/2 c. warm water	1 tsp. salt
1 tsp. honey	1 large egg yolk beaten with 1 tbsp. water
	Pretzel salt

Directions:

1. Preheat the oven to 325 degrees.
2. Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit about 5 minutes.
3. Mix the flour and salt together in a medium bowl.
4. After the 5 minutes are up, check the yeast. It should be bigger than before and a little bubbly. Add this mixture to the flour and salt mixture.
5. Stir everything together. Use a spoon to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky.
6. Put the dough on a cutting board and knead it into one big ball.
7. Break off a piece of dough about the size of a big gumball, and roll it into a skinny snake.
8. Twist the snake into a medium-size pretzel shape, and place it on a sheet of parchment paper on a cookie sheet. Brush the top of each pretzel with the beaten egg yolk mixture and sprinkle with salt, if desired. Prepare all the dough this way.
9. Bake for about 10 minutes.
10. Let cool and enjoy.