

Simple Soft Pretzels

By [Jesse Jicha](#)

[Combined recipes from: [Tasty](#) & [RecipesForHolidays](#)]

Yields: 8 Pretzels

Ingredients

PRETZELS:

- 3 teaspoons instant dry yeast
- 1 1/2 cups warm water (about 105 degrees F)
- 2 tablespoons granulated white sugar
- 4 cups all purpose flour
- 1 teaspoon salt
- 1/3 cup baking soda
- 1 egg (beaten)

CINNAMON- SUGAR COATING:

- 1/2 cup granulated white sugar
- 1 tablespoon ground cinnamon
- 1/2 cup (1 stick) melted butter

Instructions

In a large bowl, combine the yeast, warm water and sugar (let sit for 5 minutes). Add in the flour and salt and knead until smooth (you can use your hands, or you can use a stand mixer with a dough hook for this part).

Grease a second bowl with nonstick cooking spray and place the dough into the bowl. Cover with greased plastic wrap or a clean dish towel and let rise for 30 minutes in a warm place.

Preheat the oven to 425 degrees F. Line 2-baking sheets with parchment paper or silpat mats.

Divide the dough into 8 equal parts. (I used a scale and weighed the dough then divided it by 8) Roll each part into a rope about 24 to 26 inches long and form into a pretzel shape.

Add $\frac{1}{3}$ cup baking soda to a large pot of water, and bring to a rolling boil. Boil each pretzel for 30 seconds per side.

Transfer pretzels to a baking sheet, brush with egg wash, and sprinkle with salt. Bake for 10-15 minutes, or until golden brown.

Tips:

- Make sure parchment isn't soaking wet from boiling the pretzel so the bottoms don't burn. If it is wet change out the paper and wipe the pans
- Let them cool for a few minutes, then dip them in butter and then into the cinnamon sugar mixture
- I served half with beer cheese and the other half were cinnamon sugar.

Look at Lori's pictures for guidance on shaping:



(These Images belong to Lori from [Recipesforholidays](https://www.recipesforholidays.com) blog.)