

THE LEGEND OF THE PRETZEL



Around the year 600 AD, a Catholic Monk decided to make a special treat for the children who learned to recite their prayers.

Christians in those days prayed by folding their arms across their chests with each hand touching the opposite shoulder. This clever Monk formed the dough so that it would look like arms folded in prayer.

He gave his creation the name pretiola, which in Latin, means "little reward".

THE SIMPLE SHAPE OF THE PRETZEL ARMS
FOLDED IN PRAYER REMINDS US

TO PRAY EVERY DAY!

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All are invited to begin this
season of Lent by making
(and eating!)
Prayer Pretzels!

Send us a picture of your
prayer pretzels by February 25
to be included in our online
Sunday worship service
on the 28th.

allrecipes

Buttery Soft Pretzels



After spending so much money on those Mall bought pretzels, I thought I'd try making some myself. So here's a recipe that has worked for me. These pretzels are a bit sweeter than other types and are buttery. These are great plain with a bit of pretzel salt or coated with cinnamon and sugar. Once finished, dip the hot pretzel in melted butter and coat with your favorite flavors. Enjoy!

Prep: 2 hrs

Cook: 10 mins

Additional: 10 mins

Total: 2 hrs 20 mins

Servings: 12

Yield: 1 dozen



Ingredients

- 4 teaspoons active dry yeast
- 1 teaspoon white sugar
- 1 ¼ cups warm water (110 degrees F/45 degrees C)
- 5 cups all-purpose flour
- ½ cup white sugar
- 1 ½ teaspoons salt
- 1 tablespoon vegetable oil
- ½ cup baking soda
- 4 cups hot water
- ¼ cup kosher salt, for topping

Directions

Step 1

In a small bowl, dissolve yeast and 1 teaspoon sugar in 1 1/4 cup warm water. Let stand until creamy, about 10 minutes.

Step 2

In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two more tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.

Step 3

Preheat oven to 450 degrees F (230 degrees C). Grease 2 baking sheets.

Step 4

In a large bowl, dissolve baking soda in 4 cups hot water; set aside. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is shaped, dip each pretzel into the baking soda-hot water solution and place pretzels on baking sheets. Sprinkle with kosher salt.

Step 5

Bake in preheated oven until browned, about 8 minutes.

Nutrition Facts

Per Serving: 237 calories; protein 5.9g; carbohydrates 48.9g; fat 1.7g; sodium 4681.1mg.