



! GERMANY

Oktoberfest Pretzel Muffins

Serving Size: 1 Pretzel Muffin; Calories 125; Total Fat 6g; Sodium 160mg; Total Carbohydrate 30g; Dietary Fiber 1g; Protein 5g

Ingredients:

- 2 1/2 cups all purpose flour
- 4 tablespoons soft, unsalted butter cut into pats
- 1 pouch active dry yeast
- 1 cup lukewarm water
- 1 pinch sugar
- 1 teaspoon salt
- Coarse salt, optional
- 7 cups hot water
- 1/4 cup baking soda

Equipment Needed:

- Muffin tin
- Large bowl
- Large stockpot

Prep Time

20 min

Total Time

1 hour 36 min

Servings

12



Instructions:



1. Add a pinch of sugar to 1 cup lukewarm water and sprinkle yeast on top. Set aside for 4 minutes.



2. Stir yeast mix and set aside for another 6 minutes.

Oktoberfest Pretzel Muffins

Instructions Continued:



3. In the meantime, add flour to a large bowl and make a well in the middle for the yeast mix.



4. Add pats of butter and salt around the well.



5. Pour the yeast mix into the well.



6. Knead in bowl for about 2 minutes, then turn dough onto a floured surface and knead for 5 more minutes. Return dough to bowl.



7. Cover bowl with a damp towel and put in a warm place until it has doubled in size (approximately 40-60 minutes).



8. Divide the dough into 12 pieces of equally-sized balls.



9. Preheat oven to 390°F.



10. In a large stock pot, bring 7 cups of water to simmer.



11. Add baking soda to the water and wait for the foam to disappear.

Oktoberfest Pretzel Muffins

Instructions Continued:



12. One at a time, add a dough piece, letting it float in the water for 15 seconds. Turn dough over for an additional 15 seconds.



13. After removing the dough piece from the water, place it into a well-greased muffin tin.



14. Repeat until all dough pieces have been prepared.



15. Sprinkle with coarse salt (optional).



16. Optional step: Using a knife or kitchen scissors, score the tops of the muffins in an "X" pattern.



17. Bake for 20 minutes, or until deep golden brown. Serve warm.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with **#FoodFun4H** **#Indiana4H**



Extension - Lawrence County

