



## Gluten Free Soft Pretzels

### Ingredients (4 persons):

#### Fake Lye:

- 1 cup baking soda

#### Tangzhong:

- 1/2 cup whole milk
- 1/4 cup water
- 1/4 cup gluten free flour

#### Dough:

- Tangzhong
- 2 1/2 cups gluten free flour
- 1/4 sugar
- 1 Tbs yeast
- 1 tsp salt
- 1 cup whole milk
- 1 egg beaten
- 1/4 cup very soft butter



Preparation time :

Cooking : 20 min – 350°

Type of cooking : Baking

### Fake Lye:

1. Preheat oven to 350°F
2. Line baking sheet with tin foil
3. Spread baking soda evenly on sheet
4. Weigh baking sheet
5. Bake until weight reduced to 2/3 original weight (or 2-5 hours)
6. Store in an air tight container ; avoid stainless steel and bare skin

### Tangzhong:

1. In small saucepan, add milk, water, and flour and whisk to combine.
2. Continue whisking over medium low heat until mixture starts to very thick and paste-like.
3. Remove from heat and set aside to cool

### Dough:

1. Set out butter
2. Mix together flour, sugar, yeast, and salt
3. In a separate bowl whisk egg, add milk
4. Slowly add milk egg mixture to dry ingredients
5. Mix in Tangzhong
6. Add butter 1 Tbsp at a time

## Pretzels:

1. Let dough rise for 2 hours
2. Proof in fridge for at least 4 hours, at most overnight
3. Add 1/3 cups of baked baking soda to 5 cups of water, bring to a boil
4. Turn dough onto floured counter top, kneed together and shape dough
5. Boil pretzels for 30 sec
6. Set oven to 350°F
7. Cover and let rise for 30-45min in warm place
8. Bake for 20 min
9. Butter and salt
10. Let cool for 15 min (texture better when cooled)
11. Put in small red container and enjoy



### Notes and tips:

The prep time is a total lie. Choice of gluten free flour may affect results.