



PRETZELS

ALL-AMERICAN SNACK



GLUTEN-FREE SOFT PRETZELS

PREP TIME: 45 MINUTES

COOK TIME: 15 MINUTES

MAKES: 6 PRETZELS

- $\frac{1}{3}$ cup warm water (110°F)
- 1 package (2 $\frac{1}{4}$ t) active dry yeast
- 1 t granulated sugar
- 1 $\frac{1}{3}$ cup + 2 T MaryJane's Gluten-free Budget Mix
- $\frac{1}{2}$ t salt
- 2 t xanthan gum (available from Bob's Red Mill or your local co-op)
- 1 egg
- 1 T honey
- safflower oil
- $\frac{2}{3}$ cup baking soda
- melted butter to top pretzels
- kosher, sea, or coarse salt or other toppings

1. In a large bowl, whisk together the warm water, yeast, and sugar and let stand for 5 minutes. In a separate bowl, whisk together the Budget Mix, salt, and xanthan gum and set aside.
2. Add half of the dry mixture to the wet ingredients; add the egg and honey. With an electric hand mixer, beat on low speed for 1 minute. Add in the remaining dry ingredients and blend until well-mixed. Form dough into a ball with your hands. If the dough is too dry, add another teaspoon of water.
3. Divide dough into 6 equal portions. Gently roll dough pieces to about $\frac{3}{4}$ -inch thick and shape into pretzel twists, using more Budget Mix to dust the rolling surface.
4. Place pretzels on a baking sheet lined with parchment paper. Brush the pretzels generously with safflower oil. Cover with a damp cloth and let stand in a warm place for 30 minutes.
5. Preheat the oven to 375°F. Put 10 cups of water and $\frac{2}{3}$ cup baking soda in a pot to boil. Stir well to dissolve the soda.
6. Once the soda bath is at a rolling boil, use a slotted spatula to carefully submerge pretzels, one at a time, into the water for 25 seconds, flipping over after 15 seconds. (Do not boil longer or the pretzels may fall apart.) Drain on a cooling rack and replace onto the parchment-lined baking sheet.
7. Brush the pretzels with melted butter and sprinkle with salt or other toppings. Bake for 12–15 minutes, until light golden brown.





PRETZELS



GLUTEN-FREE HARD PRETZEL RODS

PREP TIME: 45 MINUTES

COOK TIME: 15 MINUTES

MAKES: 15 RODS

- $\frac{1}{3}$ cup warm water (110°F)
- 1 package (2 $\frac{1}{4}$ t) active dry yeast
- 1 t granulated sugar
- 1 $\frac{1}{3}$ cup + 2 T MaryJane's Gluten-free Budget Mix
- $\frac{1}{2}$ t salt
- 2 t xanthan gum (available from Bob's Red Mill or your local co-op)
- 1 egg
- 1 T honey
- safflower oil
- $\frac{2}{3}$ cup baking soda
- 1 egg
- kosher, sea or coarse salt or other toppings

1. In a large bowl, whisk together the warm water, yeast, and sugar and let stand for 5 minutes. In a separate bowl, whisk together the Budget Mix, salt, and xanthan gum and set aside.
2. Add half of the dry mixture to the wet ingredients; add the egg and honey. With an electric hand mixer, beat on low speed for 1 minute. Add in the remaining dry ingredients and blend until well-mixed. Form dough into a ball with your hands. If the dough is too dry, add another teaspoon of water.
3. Divide dough into 1-oz portions (about the size of a walnut). With wet hands (have a bowl of water nearby), gently roll dough pieces to about $\frac{1}{2}$ -inch thick rods, using more Budget Mix to dust the rolling surface. If the rod gets hollow or begins to break apart, just wet your hands a little and gently pinch the dough back together. Continue rolling until the rod reaches about 6 inches long.
4. Place pretzel rods on a baking sheet lined with parchment paper. Brush the pretzels generously with safflower oil. Cover with a damp cloth and let stand in a warm place for 30 minutes.
5. Preheat the oven to 350°F. Put 10 cups of water and $\frac{2}{3}$ cup baking soda in a pot to boil. Stir well to dissolve the soda.
6. Once the soda bath is at a rolling boil, use a slotted spatula to carefully submerge pretzel rods, one at a time, into the water for 25 seconds, turning over constantly. (Do not boil longer or the pretzels may fall apart.) Drain on a cooling rack and replace onto the parchment-lined baking sheet.
7. Make an egg wash with 1 egg and 1 T water. Brush the pretzels with egg wash and sprinkle with salt or other toppings. Bake for about 50 minutes until dark brown and crunchy. (The longer you bake these, the crunchier they will become as all the moisture evaporates. Watch these as they bake and leave them in as long as possible before they start to burn.)