

PRETZEL ROLLS FOR THE BIG GAME

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 12 rolls

1 ½ cups warm water (lukewarm-not necessary to take temperature but around 100 degrees F)
2 ¼ teaspoons instant or active dry yeast (1 standard packet)
¼ cup unsalted butter, divided
1 teaspoon salt
1 tablespoon brown sugar
3 ¾ - 4 cups all-purpose flour, plus more for work surface
Coarse sea salt, for sprinkling

Baking Soda Bath

½ cup baking soda
9 cups water

Directions:

- Whisk yeast and warm water together
- Allow to sit for 1 minute
- Meanwhile melt 1 tablespoon of butter (reserve the rest for later in the recipe)
- Whisk in salt, brown sugar, and melted butter
- Slowly add 3 cups of flour, 1 cup at a time
- Mix with a wooden spoon or dough hook attached to stand mixer until dough is thick
- Add ¾ cup more flour until the dough is no longer sticky (if it is still sticky, add ¼-1/2 cup more, as needed)
- Poke the dough with your finger – if it bounces back, it is ready to knead
- Turn the dough out onto a floured surface and knead the dough for 3 minutes and shape into a ball
- Place in a large, greased bowl, cover tightly with plastic wrap, and allow to rise in a warm environment for 1 hour or until it nearly doubled in size – to create a warm environment you can preheat oven to 200 degrees F, turn it off, place dough inside and shut the oven
- Once risen, punch dough down to release any air bubbles
- Turn out onto a lightly floured surface and, with a sharp knife or pizza cutter, cut dough into 1/3 cup sections (you should have about 12) then shape into balls
- Preheat oven to 400 degrees F
- Line 2 baking sheets with parchment paper or silicone baking mats and set aside
- Bring baking soda and 9 cups of water to a boil in a large pot

- Drop 1-2 pretzel into the boiling water for 20-30 seconds – any more than that and your pretzels will have a metallic taste
- Using a slotted spatula, lift the pretzel roll out of the water and allow as much of the excess water to drip off
- Place pretzel rolls onto prepared baking sheet
- Using a sharp knife, score a couple slits into the top of each
- Melt remaining butter
- Lightly brush each roll with the butter and sprinkle with coarse sea salt
- Bake for 22-26 minutes or until a deep golden brown on all sides
- Remove from the oven and serve warm
- Pretzel rolls may be stored in an airtight container or zipped top bag for up to 3 days