




EMMENTALER AOP PRETZELS

• Pretzel Dough Prep

makes 8 large pretzels

- 2 ¼ tsp active dry yeast
- 1 C warm water 105-110 F
- 3 Tbl dark brown or light brown sugar
- 2 Tbl whole milk
- ¼ C melted salted butter
- 1 tsp kosher salt for the dough
- 3 cs all purpose flour
- 120 grams or 1 Cup loosely packed coarsely shredded Gourmino Emmentaler AOP or Gourmino Rahmtaler 

• Baking soda bath

to prep the dough for color and texture

- 4 quarts water
- ½ Cup baking soda

• Topping

- 3 tablespoon melted butter, salted or non salted
- Maldon sea salt to taste



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These pretzels are super easy and fun to make with family and friends. Makes about 8 pretzels and from start to finish takes about 2 hours of preparation time and about 30 minutes of hands on baking time.



Procedure

Form the pretzel dough:

1. Combine yeast, water, and brown sugar in the bowl of a standing mixer fitted with the dough hook. (or in a large bowl, mix by hand with a wooden spoon). Let mixture rest for 5-10 minutes (until foamy).
2. Once the yeast is proofed, add the melted butter and milk to the yeast and stir to combine.
3. Add flour and sea salt in a bowl and whisk dry until combined and then add the flour and salt to the melted butter / milk / yeast mixture and stir until a ball is formed (either by hand or with the dough hook).
4. Add in the Gourmino Emmentaler AOP or Rahmtaler shredded cheese... the dough should form a slightly tacky, but firm ball.
5. Lightly grease a large bowl, place the dough in the bowl, and cover with plastic film and let rise for 30 -60 minutes until doubled in size.
6. Once dough is doubled, prepare the baking soda bath by combining the baking soda and water and bringing to a simmer in a bit pot.

Prepare the pretzels:

1. Preheat oven to 400F, grease two large baking sheets.
2. Divide dough into 8 equal pieces
3. Roll each piece of dough into a 25-30" rope.



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4. Lay the rope into a "U" shape. Then cross the ends over each other once, then twist them one time to make the Pretzel shape.
5. Then hold the portion of the pretzel dough that has been twisted and fold it down to the bottom of the "U" shape. Press the ends firmly but gently into the bottom of the pretzel.
6. Repeat with remaining dough.



Prepare the baking soda bath:

1. In a large pot or caldron, mix the baking soda and 4 qt of water and bring to boil. You can minimize the baking soda spitting out of the boiling water by covering with a lid.
2. Boil pretzels one at a time in the soda bath for 20- 30 seconds. Use a steel mesh spider or slotted spoon to remove it from the bath and place it on a prepared baking sheet.
3. Immediately sprinkle with coarse sea salt - Repeat with remaining pretzels.

Bake time:

1. Bake pretzels at 400F for 12-15 minutes until dark brown.
2. Remove from oven, immediately brush each pretzel with melted butter.
3. Transfer to a wire rack to cool slightly, then serve warm.

Notes: You can make the dough and store it in the refrigerator overnight. Before baking, remove the dough from the fridge to let it come to room temperature and rise. Then continue with the recipe including the baking soda bath, baking, etc. Alternately, you can freeze the boiled and cooled unbaked pretzels for up to 1 month - when ready to bake, remove from freezer and preheat oven to 400F and proceed with baking instructions.