

Pretzel



BOSCH

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Pretzel



Ingredients:

75 g	Butter
150 g	Milk
150 g	Water
10 g	Yeast
500 g	All-purpose Flour
5 g	Salt
Some	Sea Salt
Some	Sesame
Some	baking soda

Workflow:

1. Prepare the pre-dough ahead of time. Combine melted butter, milk and water and knead until you have a smooth dough. The let rise in the fridge for 20 mines.
2. Combine flour, salt in a kitchen machine mixing bowl, knead thoroughly at low speed (Level 3). Cover the dough and put the dough into oven with Dough Proving mode 38°C for around 45 - 60 minutes.
3. Remove the dough from the bowl and knead briefly. Divide it into eight equal-sized portions and loosely shape into round balls. Let stand briefly and then roll out into long ropes that are thick toward the middle and thin out toward the ends. Cover the dough and put the dough into oven with Dough Proving mode 38°C for around 30 minutes.
4. Drop the pretzels into the 1L boiling water with baking soda. Boil for 20 - 30 seconds each, then place into a baking sheet. Preheat Steam Oven to 200°C in 4D HotAir mode.
5. Sprinkle with salt and put into the steam oven (Level 3).
6. Bake the pretzel at level 3 of the oven with 4D HotAir for 24 minutes.
7. Remove pretzel from oven after baking and place on wire rack to cool before serving.

Setting procedure:

Fermentation:

Dough proving 38°C
Proving time: 45 - 60 mins +
30 mins

Baking:

4D HotAir 200°C
Cooking time: 24 mins
(Preheated oven)

4D HotAir



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