

# Pretzel Muffins



- **Prep Time: 20 min**
- **Cook Time: 6 min**
- **Resting Time: 1 hr. 10 min**
- **Total Time: 1 hr. 36 min**

- **3 cups + 3 tbsp. all-purpose flour**
- **3 1/2 tbsp. soft, unsalted butter (1/2 butter stick)**
- **1 pouch yeast**
- **6.8 fl. Oz. lukewarm water**
- **1 pinch sugar**
- **1 tsp. salt**
- **some coarse salt**
- **7 1/2 cups hot water, near boiling**
- **3 1/2 tbsp. baking soda**

## Procedure

- Add a pinch of sugar to the lukewarm water and sprinkle the yeast on top. Set aside for 4 minutes.
- Stir the yeast mix and set aside for another 6 minutes.
- In the meantime, pour the flour into a large bowl. Make some space for the yeast mix in the middle.
- Add the butter and the salt to the side of the bowl, then pour the yeast mix into the middle.
- Knead for about 10 minutes.
- Cover the bowl with a damp towel and put the dough at a warm place until it has doubled its size (usually about 40 - 60 minutes).
- Divide the dough into 12 pieces of about the same size.
- Shape each dough piece into a ball.
- Preheat the oven to 390°F.
- Heat 7 1/2 cups of water to a slight boil - no bubbles though!
- Add the baking soda to the water and wait for the foam to disappear.
- Add one dough piece at a time, let it float in the water for 15 seconds on each side then remove it and place in a muffin paper.
- When all dough pieces are prepared this way, bake them in the oven for about 20 minutes or until it has the right pretzel color.

<http://mygerman.recipes/oktoberfest-pretzel-muffins-brezel-muffins/>

<https://youtu.be/SpGkElh110Y>