

Alternatives

Using bagel toppings on pretzels, page 185  
Simit, page 200  
Dipping pretzels in baking soda, page 228

Flavors

Stuffed Pretzel, page 229  
Poblano Pepper and Corn Pretzel, page 230  
100% Whole Wheat Pretzel, page 231

Fun Facts

Knot Theory Pretzels, page 213  
The Uses of Lye, page 214

Techniques

How to Shape a Pretzel, page 3-170  
Our Pretzelized Masters, page 216  
How to Shape Pretzel Buns, page 228

Related Breads

Bagels, page 187  
Steamed Buns, page 237

Our Take

How to Bake the Best Pretzel, page 217  
Modernist Pretzel, page 226

MACHINE MIXING

PREP

1 Combine all the poolish ingredients, and mix to a homogeneous mass. Transfer the poolish to an airtight container, and let it ripen at 21–24 °C / 70–75 °F for 12 h before using (see page 3-20).

MIX

2 Follow the Machine Mixing options on the next page.  
3 Transfer to a lightly oiled plastic tub or bowl, and cover with a lid or plastic wrap.

BULK FERMENT



4 Bulk ferment, covered, for 1½ h. No folds needed.

We do not autolyse this dough because it does not significantly reduce mixing time for enriched doughs.

DIVIDE



5 Divide the dough into 140 g pieces.

PRESHAPE



6 Preshape to a bâtard, and taper the ends (see page 3-154).

7 Rest the dough 20 min, well covered.

8 Meanwhile, prepare the sheet pan you will be proofing and baking the pretzels on: line the pan with parchment paper or silicone parchment paper, and coat the paper with cooking spray.

THE PREP STEP WAS REMOVED.

SHAPE



9 Roll out the bâtard into an elongated rope about 50 cm / 20 in long. The dough should be fatter in the middle and taper all the way to the tip on both ends. If necessary, gently mist the dough to help it adhere to itself prior to shaping.

10 Twist the dough rope into a pretzel shape (see options on page 224).