

PRETZELS & ALPHABET LETTERS



Get the children involved in bread making! Round up the kids and create with dough. Let them help with the preparations, then watch their creativity soar in shaping dough. All children, toddler stage on up, love making a shape to bake, will be proud of the result, and delighted to eat it too.

Here are some suggestions for pretzels and alphabet letters as a starting point.

Ingredients

Water	1 cup + 1 tablespoon
Vegetable oil	2 tablespoons
Sugar	2 tablespoons
Salt	1 ½ teaspoon
All-purpose flour	3 cups
RED STAR Active Dry Yeast	2 ¼ teaspoons

Bread Machine Method

Place all ingredients in bread pan in order listed. Insert pan into machine. Select “DOUGH.” Start machine. After the machine has completed the “DOUGH” cycle, the remove pan; place dough onto a lightly floured surface.

Mixer Method

In large mixing bowl, combine 1 1/2 cups flour, yeast, sugar, and salt; mix well. Combine water and oil; heat to 120° to 130°F. Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in enough remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, 5 to 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until dough tests “ripe.” (Gently stick two fingers in the risen dough up to the second knuckle and take them out. If the indentations remain, the dough is “ripe.”)

Pretzels

Grease two cookie sheets or use non-stick variety. To make 12 pretzels, divide dough into 4 parts; divide each fourth into 3 pieces. Roll each piece into an 18-inch rope. Shape rope into a circle, overlapping about 4 inches from each end and leaving ends free. Take one end in each hand and twist at the point where dough overlaps. Carefully lift ends across to the opposite edge of circle. Tuck

ends under edge to make a pretzel shape; moisten and press ends to seal. Place on cookie sheets. Let rise, uncovered, until puffy, about 40 minutes.

Alphabet Letters

Grease 6 cookie sheets or use non-stick variety. If possible, let each child have his/her own cookie sheet.

Divide dough into 4 parts; divide each fourth into 4 pieces and each of those pieces in half. Roll each piece into a 12-inch rope. Shape into alphabet letters directly on greased cookie sheet, keeping letters 1-inch apart to allow for expansion. Since all alphabet letters do not require the same amount of dough, save extra dough (as from I, J, L, and C); use with those letters that require more dough. Cover and let rise 20 minutes.

Glazing and Baking

Preheat oven to 400 ° F. Meanwhile, in a small bowl combine 1 egg white with 1-tablespoon water and beat slightly. Brush mixture onto each risen creation. Sprinkle with poppy seed, sesame seed or coarse salt.*

Bake at 400° F until golden brown, about for 15 to 18 minutes.

When baking these creations, keep in mind that the tiny thin parts will tend to burn, while large, thick parts will take much longer to bake. Shield small parts with foil once they have browned, to protect them from burning.

*BAKER'S NOTE: Pretzel salt will not dissolve during rising and baking. Ask your local friendly bagel store to sell you some. Kosher Salt is an alternative coarse salt found in most grocery stores.