



TAKE HOME KIT INSTRUCTIONS

YOU'LL NEED:

Ben's Pretzels Take Home Kit; Flour (for dusting);
Nonstick spray; 4 Tbsp. butter (optional);
8-13 qt. bowl; pizza cutter

DOUGH PREPARATION (1 DOUGH MIX)

**NOTE: Reserve baking soda packet for later use.
DO NOT ADD BAKING SODA TO THE DOUGH MIX.**

Read all instructions before proceeding.

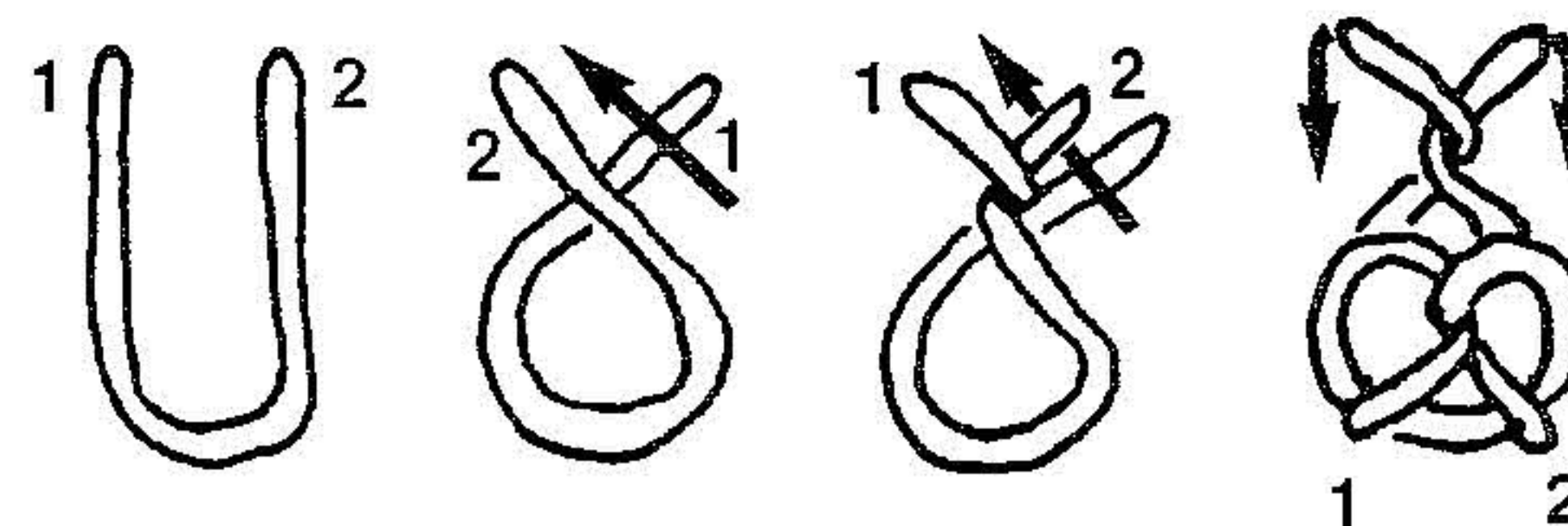
1. In a large bowl, dissolve contents of 1 yeast packet in 2-1/4 cups lukewarm tap water (105°). Let sit about 2 minutes. Water temperature must not exceed 115°F.
2. Add 1 dough mix to yeast/water mixture. Using a rubber spatula (or your hands), mix until dough ball forms.
3. Turn dough ball onto lightly floured surface and knead until soft, slightly tacky dough is formed (approximately 5-7 minutes). Add a small amount of flour if dough is too sticky.
4. Place dough ball into a large bowl that has been coated with nonstick spray. Coat a sheet of plastic wrap with nonstick spray and place on top of dough ball, tucking sides down around dough (to prevent dough from drying out).
5. Place bowl in a warm spot (85-95°F) for 30 minutes so the dough can rise.

IF USING AN ELECTRIC MIXER: Follow steps 1 and 2, combining yeast and water directly into a large mixing bowl. Add dough mix to bowl with yeast/water mixture. Using an electric mixer fitted with a dough hook attachment, turn on low speed for 1 minute to allow dough mix to incorporate into the yeast/water mixture. Increase speed to medium low and continue mixing for an additional 4 minutes. Dough should form a soft, smooth, and slightly tacky ball. Continue to step 5.

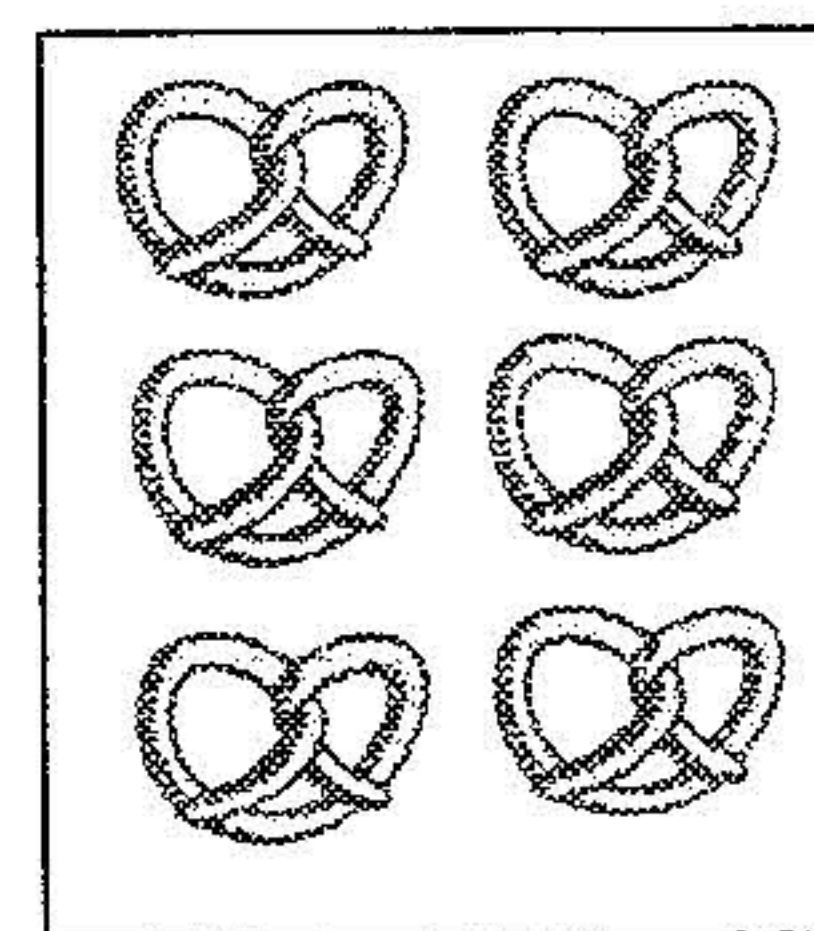
PRETZEL BAKING INSTRUCTIONS

1. Preheat oven to 400°F.
2. Spray an area of the counter with nonstick spray and turn the risen dough out onto that portion of the counter. Do not spray or flour the area where you will roll pretzels.
3. Cut strips of dough that measure 1-1/2" wide by 8" long.

4. Pull dough strip to stretch it out. Start in the middle and move your hands outward while pulling, stretching, and rolling the dough strip. Roll each piece into a rope 1/2" wide by 36" long (about the thickness of your finger). Do not over-roll the dough strip.
5. Shape dough strip into a "U" on the counter. Cross the ends (1 & 2), then cross them again. Pinch the ends to the bottom of the "U" about 2 inches apart. Use the pretzel printed on this page as a guide. Experiment with other shapes, letters, or numbers; use your creativity!



6. Roll all pretzels before proceeding to step 7 (dough should yield 8-10 large pretzels).
7. In a medium bowl, dissolve 1 baking soda packet in 4 cups of very hot water (150°F). Stir until nearly dissolved.
8. Lightly coat baking tray with nonstick spray.
9. Pick up each pretzel by the pinched ends and quickly dip into the baking soda solution. Let excess solution drip into bowl. Then place on baking tray.
10. Sprinkle with salt if desired; Cinnamon Sugar pretzels do not need salt. Refer to step 12.
11. Bake one tray at a time on the center rack in preheated oven for 5 minutes. After 5 minutes rotate tray 180° and bake for an additional 2-5 minutes, or until golden brown. Baking times may vary by baking trays.
12. Melt 4 Tablespoons of butter (optional). After baking pretzels and before they cool, brush butter over top of salted or plain pretzels. For Cinnamon Sugar pretzels, brush butter over top of unsalted pretzels and sprinkle with cinnamon sugar mixture. **EAT AND ENJOY!**



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