

Laugenbrezel

A traditional pretzel from Germany.

Ingredient	%	Batch Weight
Wheat Flour	100	1.000 kg
Meisterback Margarine	2	0.020 kg
Salt	2	0.020 kg
Dried Yeast	1	0.010 kg
VX -2T	2	0.020 kg
Water (variable)	50	0.500 kg



Preparation Instructions

1. Place all ingredients, in to a mixer and mix on slow speed for 5 minutes and then 3 + minutes on fast
2. Dough Temperature 26 – 28° C
3. Once the dough is fully developed, place it into a lightly oiled container and cover with plastic. Rest for 10 – 15 minutes
4. Turn the dough out onto a floured surface and scale into 2100 g dough pieces. Very gently loosely mould the dough pieces into a round shape
5. Give a rest of 10 – 15 minutes. Cover the dough to prevent skinning
6. Take each dough piece and with the dough divider divide into 30 pieces of 70 g
7. Mould the pieces long and from them into the shape of a pretzel.
8. Proof at for 35 – 45 minutes. The dough pieces should be approximately 75 % proofed
9. Remove from the proofer
10. Let them dry or keep them for short period in the Freezer before dipping them in to the lye solution

Baking instructions

1. Let them dry or keep them for short period in the Freezer before dipping them in to the lye solution
2. Apply rock salt on
3. Place into a preheated oven set at 230°C without steam
4. Bake for a total of 15 – 18 minutes reducing the heat to 210°C after 5 minutes baking

Variations & Serving Suggestions