Pretzel wreath

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Piece 2

The pretzel wreath owes its distinctive taste to the soda lye solution. It creates the characteristic dark crust, the savoury aroma, and the soft, airy interior that make the popular Silserli so distinctive.

Dough

500 g plain white flour

2 tsp sugar

12 g salt

30 g yeast, crumbled

330 ml milk

50 g butter, cold, in pieces

bicarbonate of soda

1 l water

50 g bicarbonate of soda

pretzel salt, or coarse salt for sprinkling

Baking

10 ml coffee cream

Dough

Mix plain white flour, sugar, salt and yeast in the bowl of a stand mixer. Pour in the milk, add the butter and knead with the dough hook on a low setting for approximately 5 minutes. Increase to a medium speed and continue kneading for approximately 10 minutes until the dough is soft and smooth. Place the dough in a lightly greased bowl or proofing box, insert into the cooking space, and allow to rise with Professional baking proofing at 32 °C for approximately 45 minutes.

Professional baking proofing 32 °C for 45 Mins

Action

Shaping

Turn the dough out on a lightly floured work surface, divide into 12 portions of approximately 75 g each, and shape into even balls. Place the dough pieces slightly apart in a proofing box or a deep tray, cover and freeze for approximately 30 minutes.

Soda solution

Bring the water to the boil in a pan over high heat (level P). Remove the pan from the hob and stir in the bicarbonate of soda until dissolved. Dip each dough piece individually into the solution for approximately 20 seconds, then allow to drain. Shape two wreaths from six dough balls each on a baking tray lined with baking paper. Using a sharp knife, score the surface of the dough pieces in the centre to a depth of about 1-2 cm deep and sprinkle with a little salt.

Baking

Preheat the cooking space with Professional baking glazed to 220 °C. Insert the tray into the preheated cooking space and bake for approximately 20 minutes. Remove the wreaths and, while still hot, brush with a little coffee cream. Leave to cool on a wire rack.

(Pre-)heat cooking space to 220 °C with Professional baking glazed

Preheating completed. Insert cookware.

Professional baking glazed 220 °C for 20 Mins

Tips

In bakeries, a baker's lye solution is used to make pretzel pastries. It is highly caustic and requires protective gloves, safety goggles, and afterwards special disposal. It gives the baked goods a very uniform colouring and an intense lye flavour. In this recipe, however, a mixture of standard bicarbonate of soda and water is used, making the solution safe and suitable for disposal down the drain.

Accessories

Baking tray

Pan with lid (approx. 20 cm ø)

Additional information

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