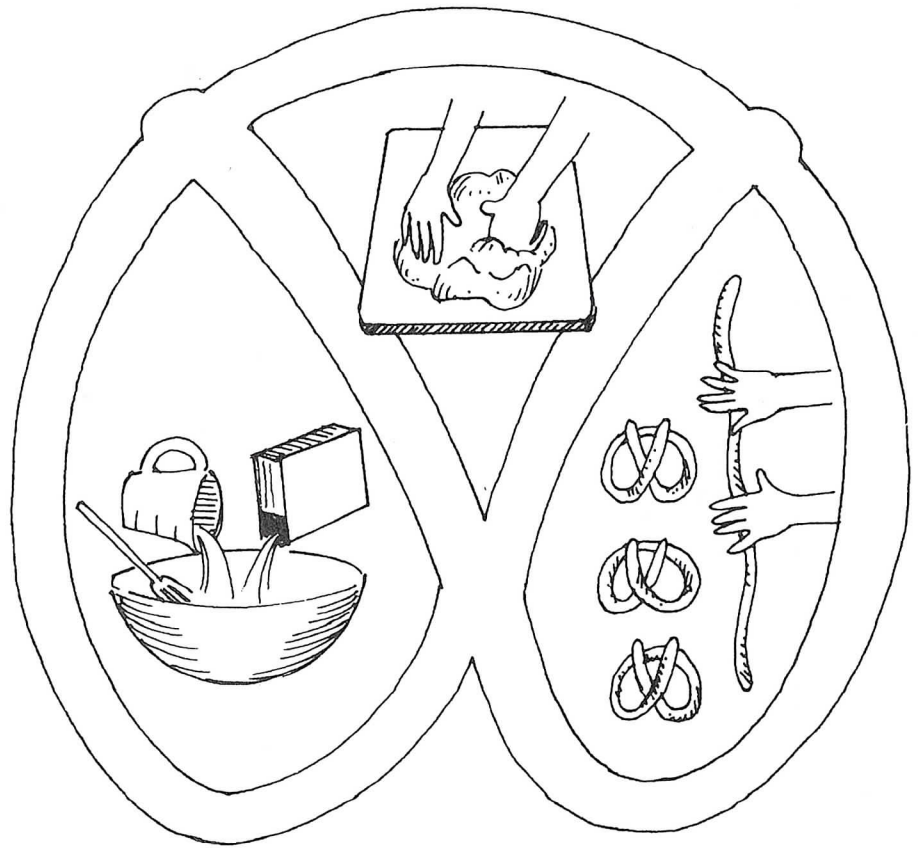


Pretzels

Pretzels originated when a baker in Germany experimented with flour, salt, and water to make a dough. He twisted the dough so that it resembled two arms crossed in prayer.



How to Make Pretzels

Younger and Older Elementary Children

This pretzel recipe includes butter and milk. Refrigerated breadstick dough may be used.

What You Need

- 2 cups biscuit mix
- 1/2 cup milk
- Flour
- Melted butter
- Coarse salt
- Bowl
- Fork
- Pastry brush
- Baking sheet
- Knife

What You Do

1. Set the oven at 425° F (220° C).
2. Put the mix and milk into a bowl and stir with a fork until it is soft, sticky dough.
3. Lightly flour hands.
4. Place the dough on a floured board. Knead the dough: Push down on the dough with the heel of your hand, fold it over, and repeat the process until it is smooth.
5. Take turns rolling the dough into long, thin snakes (one-fourth inch thick).
6. Cut dough into ten-inch pieces and shape them into pretzels.
7. Put the pretzels on an ungreased baking sheet, brush them with melted butter, and sprinkle with coarse salt.
8. Bake for ten or more minutes. Cool before eating.