

SWEET PRETZELS

Recipe adapted from Bon Appetit

INGREDIENTS:

sweet dough -

- 2/3 cup milk
- 5 T sugar, divided
- 1 3/4 t active dry yeast
- 2 large eggs, room temperature
- 2 3/4 cups all-purpose flour (+1/2 cup, maybe)
- 1 t kosher salt
- 1/2 cup (1 stick) butter, at room temperature

toppings -

- 1 egg white + 1 t water = egg wash
- 1/4 T sugar divided
- zest from 1/2-1 lemon
- 1/2 t cinnamon

DIRECTIONS:

1. Heat milk in a 2-cup measuring cup on the stove or in your microwave until warm, but not hot. (I heated mine in the microwave for about a minute at 20-second bursts.) Whisk in 1 tablespoon of sugar and yeast. Set aside for 5 minutes, or until foamy. Whisk in eggs.
2. Combine the remaining 4 tablespoons of sugar, flour, and salt in the bowl of a stand mixer fitted with the dough hook*. Add milk mixture, and with the mixer running, add the butter one tablespoon at a time, mixing well after each addition. Knead on medium-high speed until dough is soft and silky. Add up to another 1/2 cup of flour to make the dough more manageable. It should be pulling away from the side of the bowl.
3. Spray a medium bowl with cooking spray or brush with melted butter; place the dough in the bowl turning once to coat. Cover with a tea towel and allow to rise in a warm area until doubled in size, 1-2 hours.
4. Preheat your oven to 375°F and line two baking sheets with parchment paper.
5. Divide dough into 12 equal pieces, rolling each into a 17" long rope. Form the rope into a pretzel shape and place on the prepared pan. Repeat with all of the dough. Cover with a tea towel for 30 minutes.
6. Rub lemon zest into 2 tablespoons of sugar, in a separate bowl stir the cinnamon into the remaining 2 tablespoons sugar. Brush each pretzel with the egg wash and sprinkle half with the lemon sugar and the other half with the cinnamon sugar.
7. Bake for 16-18 minutes or until golden. Cool on a wire rack. Eat as is, or make sweet sandwiches!