

## Amish Pretzels

1/2 cup warm water  
1/3 Tablespoon quick acting yeast  
2 Tablespoons brown sugar  
2/3 cup bread flour  
2/3 cup all purpose flour  
1/2 cup baking soda  
2 cups hot water  
coarse salt

Dissolve yeast and brown sugar in 1/2 cup warm water. Add both flours and stir until well combined but do NOT knead. Let dough rise until doubled, about 25 minutes.

Preheat oven to 500 degrees.

Cut dough into 6 pieces and roll into long ropes.

Shape into pretzels.

In a separate bowl, mix together baking soda and 2 cups hot water. Dip shaped pretzels into the baking soda solution, one at a time, then place them on a well greased cookie sheet.

Sprinkle coarse salt on pretzels.

Bake 4-6 minutes or until golden brown.

*Variations:* For a sweet pretzel, omit salt and sprinkle with cinnamon and sugar instead. Sesame seeds or poppy seeds can be used in place of or in addition to the coarse salt.

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