
Making pretzels

Each group will need

- Cooking equipment.
- Heaped teaspoon of dry active yeast.
- One-third of a cup of warm water.
- 1 tablespoon honey.
- 1 teaspoon salt.
- 1 large cup flour (plus a little more for putting on the cutting board).

What to do

- 1 Mix the warm water, yeast and honey in a bowl. Leave it for 5–10 minutes.
- 2 Stir in the flour to make a thick dough mixture.
- 3 Sprinkle a little flour on the cutting board. Knead the dough on the board for at least 5 minutes.
- 4 Put the dough in a greased bowl and cover it with a clean cloth. Leave it for about 20 minutes.
- 5 Roll the dough into long thin pieces and make them into letter and number shapes. These will make pretzels when they bake. Put them on the greased paper.

The next steps must be done by the teacher

- 6 Melt some butter in a pan or in a bowl in the oven. Pour the butter over the pretzels and sprinkle on some salt.
- 7 Bake the pretzels in the oven for about 10–12 minutes at around 240°C.

