

pretzel buns

RECIPE COURTESY OF SAMANTHA SENEVIRATNE

INGREDIENTS:

Dough

- 4 ½ cups all-purpose flour,
plus more for dusting
- 3 tablespoons dark brown
sugar
- 2 ½ teaspoons active dry
yeast
- 2 teaspoons coarse salt
- 1 cup warm water
- 6 tablespoons (¾ stick)
unsalted butter, cut
into pieces, at room
temperature, plus more
for greasing
- Canola oil, optional

Water Bath

- 1 gallon (16 cups) water
- ⅓ cup baking soda
- ¼ cup plus 2 tablespoons
packed dark brown
sugar

To Finish

- Pretzel salt or flaky sea
salt, for sprinkling
- Soft scrambled eggs or
other sandwich fillings

ACTIVE TIME:

40 minutes

TOTAL TIME:

2 hours 45 minutes (includes
resting and cooling times)

EASE OF PREPARATION:

Easy

YIELD:

8 servings

INSTRUCTIONS

1. For the dough, combine the flour, brown sugar, yeast, and salt in the bowl of a stand mixer fitted with the paddle attachment. Mix until combined, then switch to the dough hook. With the mixer on low, add the water mixture in a steady stream. Continue to mix until a shaggy, but cohesive dough forms, about 3 minutes. Add the butter pieces, a few at a time, and continue to mix until the dough is smooth, supple, and pliable, 5 to 7 minutes. Transfer the dough to a buttered bowl, cover with plastic wrap, and let rise until doubled in size, 1 to 2 hours. It's best to watch the dough rather than the clock.
2. Line a baking sheet with a silicone baking sheet or liberally coat in canola oil. Tip the risen dough onto a lightly floured surface, knead a couple of times to push out the air. Cut the dough into 8 equal pieces, then roll each piece into a tight ball. Transfer to the prepared baking sheet and set aside. Let rise until slightly puffed and the dough bounces back slowly when pressed lightly, 30 minutes to 1 hour.
3. Preheat the oven to 425° F. Bring the water to a simmer in a large pot. Add the baking soda and brown sugar (the mixture will bubble vigorously), and whisk to combine.
4. Working a few at a time, use a slotted spoon to carefully lower the buns into the simmering water bath. Cook for 30 seconds to 1 minute per side, then transfer them to the same baking sheet. Using a sharp knife, score the top of each bun with an 'X' and sprinkle with salt.
5. Bake until puffed and deep golden brown, 15 to 18 minutes. They should feel crisp on the outside when you touch them. Transfer the baking sheet to a rack to cool.
6. To serve, cut the buns and serve with soft scrambled eggs or your favorite sandwich fillings.

SPECIAL EQUIPMENT: *a stand mixer with paddle and dough hook attachments*