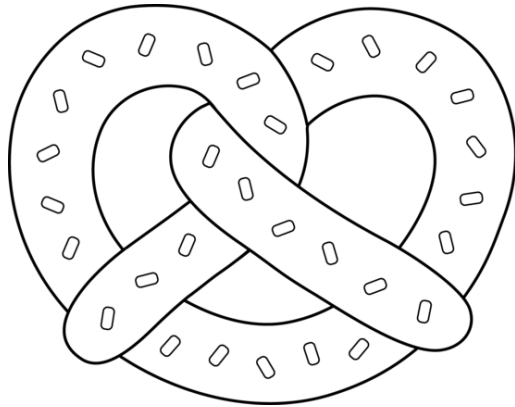


The Legend of the Lenten Pretzel

A very long time ago, (in the early 600's) there was a man who worked for God - his job was being a MONK. Now this monk had been in the kitchen where other monks were baking a special bread for LENT, and he saw some leftover pieces of dough. And he decided to use the leftover pieces of dough for something special. He formed the dough into thin strips crossed into a looped twist to be **like the folded arms of children in prayer**. This treat was then given to the children as they learned their prayers. They began calling the treat "Pretiola", which means "little reward" in Latin. *(a different version of the story calls them bracellae, a German word that eventually became pretzel.)*

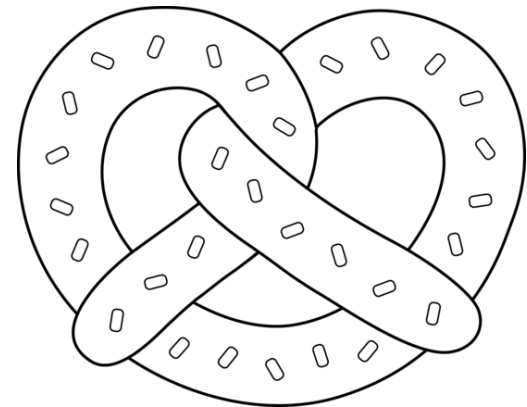
Soon it was known the world over as a pretzel.



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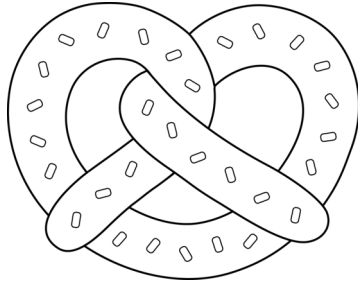


Easy Pretzels Recipe

Prep Time 1 hour Cook Time 10 minutes Servings [12](#) Pretzels

Ingredients

1 package 1/4 oz. active dry yeast
1 1/2 cups warm water 110° to 115°
2 tablespoons sugar
2 tablespoons butter melted
1 1/2 teaspoons salt
4 to 4 1/2 cups all-purpose flour
8 cups water
1/2 cup baking soda
1 egg yolk
1 tablespoon cold water
Coarse salt optional



Instructions

In a large bowl, dissolve yeast in warm water. Add the sugar, butter, salt and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).

Turn dough onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

In a large saucepan, bring 8 cups water and baking soda to a boil. Punch dough down; divide into 12 portions. Roll each into a log and then make into a regular pretzel shape. Add to boiling water, a few at a time, for 30 seconds. Remove with a slotted spoon; drain on paper towels.

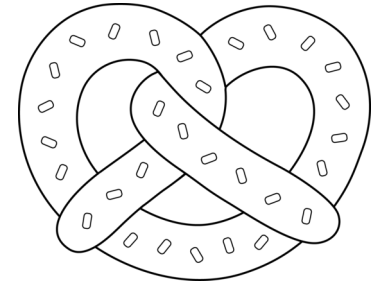
Place on greased baking sheets. Lightly beat egg yolk and cold water; brush over pretzels. Sprinkle with the salt. Bake 425° for 9-11 minutes or until golden brown. Remove from pans to wire racks. Serve warm.

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