

Soft Pretzel

Makes 12

4 Cups GF Flour
2 T yeast
2 ½ t xanthan gum
1 t salt
4 T oil
1 ½ – 2 cups warm water

Baking soda bath
10 cups water
2/3 cups baking soda

1 egg yolk + 2 T water
Salt for sprinkling



Mix flour, yeast, xanthan and salt.

Using dough hooks beat ingredients adding oil and 1 ¼ cup warm water.

Add enough water to make dough soft.

Beat for 5 min.

Let stand 5 min covered

Uncover and beat 4 min.

Oil dough lightly, cover and set for 30 min

Divide into 12 pieces , if sticky use GF flour to make workable.

Roll out into a snake and shape as pretzel. Will need to form on the counter as will not stay together if has to bear its own weight.

Place on parchment lined cookie sheets (6 to a cookie sheet) cover with lightly oiled plastic wrap and let rise for 20 to 30 min.

Preheat oven to 450 degrees.

Bring baking soda bath to a boil. Carefully place pretzels into water a few at a time.

Boil for 30 seconds remove with slotted spoon and place on cookie sheet.

Brush with egg yolk and sprinkle with salt.

Bake for 12 to 14 min until golden brown. Transfer to rack and cool before serving.

<http://www.lincolntent.com/GFCF-Bread.html>