

S O U R D O U G H P R E T Z E L B I T E S

Ingredients:

- 3 cups all-purpose flour
- ½ cup active sourdough starter
- 1 tablespoon sugar
- 1 cup water
- 1 teaspoon salt

For the Boiling Bath

- 6–8 cups water
- 2 tablespoons brown sugar
- 2 tablespoons baking soda

For Topping

- 1 egg (for egg wash)
- Coarse salt



Directions:

1. In a stand mixer, combine flour, starter, sugar, water, and salt.
2. Mix until a smooth dough forms. Knead 5–7 minutes until elastic.
3. Cover and let sit at room temperature for 5+ hours, until slightly puffy.
4. Turn dough onto a lightly floured counter. Cut into 4–6 sections.
5. Roll each section into a rope. Using a bench scraper or knife, cut into bite-sized pieces.
6. Place bites on a parchment-lined baking sheet.
7. Cover and let rise for 1 hour.
8. Bring water to a boil. Add brown sugar and baking soda (it will foam — that's normal).
9. Boil pretzel bites in batches. Once they float (about 30–45 seconds), remove with a slotted spoon and return to baking sheet.
10. Brush with egg wash. Sprinkle with coarse salt.
11. Bake in a preheated 425°F oven for 15–20 minutes, until deep golden brown.