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Recipe

Author: Cherchies® Specialty Foods

SOURDOUGH PRETZEL BITES WITH MUSTARD RECIPE

Ingredients (Adapted from thekitchn.com)

Sourdough Starter

- All-purpose flour (or a mix of all-purpose and whole grain flour)- (4 oz. all purpose flour (or 3/4 cup plus 2 Tablespoons))
- Water, preferably filtered (4 ounces water (or 1/2 cup)
- 2-quart glass or plastic container (not metal)
- Scale (highly recommended) or measuring cups
- Mixing spoon
- Plastic wrap or clean kitchen towel

Preparation (The directions are from thekitchn.com). Go to blog.cherchies.com for the complete recipe with step by step pictures.



1. Making sourdough starter takes about 5 days. Each day you "feed" the starter with equal amounts of fresh flour and water. As the wild yeast grows stronger, the starter will become more frothy and sour-smelling. On average, this process takes about 5 days, but it can take longer depending on the conditions in your kitchen. As long as you see bubbles and signs of yeast activity, continue feeding it regularly. If you see zero signs of bubbles after three days, take a look at the thekitchen website for troubleshooting.

Day 1: Make the Initial Starter

- 4 ounces all-purpose flour (3/4 cup plus 2 tablespoons) and 4 ounces water (1/2 cup).
- Weigh the flour and water, and combine them in a 2-quart glass or plastic container (not metal). Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with plastic wrap or a clean kitchen towel secured with a rubber band.
- Place the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 2: Feed the Starter

- 4 ounces all-purpose flour (3/4 cup plus 2 tablespoons) and 4 ounces water (1/2 cup).
- Take a look at the starter. You may see a few small bubbles here and there. This is good! The bubbles mean that wild yeast have started making themselves at home in your starter. They will eat the sugars in the flour and release carbon dioxide (the bubbles) and alcohol. They will also increase the acidity of the mixture, which helps fend off any bad bacteria. At this point, the starter should smell fresh, mildly sweet, and yeasty.
- If you don't see any bubbles yet, don't panic — depending on the conditions in your kitchen, the average room temperature, and other factors, your starter might just be slow to get going.
- Weigh the flour and water for today, and add them to the starter. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with the plastic

wrap or kitchen towel secured again. Place the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 3: Feed the Starter

- 4 ounces all-purpose flour (3/4 cup plus 2 tablespoons) and 4 ounces water (1/2 cup).
- Check your starter. By now, the surface of your starter should look dotted with bubbles and your starter should look visibly larger in volume. If you stir the starter, it will still feel thick and batter-like, but you'll hear bubbles popping. It should also start smelling a little sour and musty. Again, if your starter doesn't look quite like mine in the photo, don't worry. Give it a few more days. My starter happened to be particularly vigorous!
- Weigh the flour and water for today, and add them to the starter. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with the plastic wrap or kitchen towel secured again. Place the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 4: Feed the Starter

- 4 ounces all-purpose flour (3/4 cup plus 2 tablespoons) and 4 ounces water (1/2 cup).
- Check your starter. By now, the starter should be looking very bubbly with large and small bubbles, and it will have doubled in volume. If you stir the starter, it will feel looser than yesterday and honeycombed with bubbles. It should also be smelling quite sour and pungent. You can taste a little too! It should taste sour and somewhat vinegary.
- When I made my starter here, I didn't notice much visual change from Day 3 to Day 4, but could tell things had progress by the looseness of the starter and the sourness of the aroma.
- Weigh the flour and water for today, and add them to the starter. Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with the plastic wrap or kitchen towel secured again. Place the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Day 5: Starter is Ready to Use- Check your starter. It should have doubled in bulk since yesterday. By now, the starter should also be looking very bubbly — even frothy. If you stir the starter, it will feel looser than yesterday and be completely webbed with bubbles. It should also be smelling quite sour and pungent. You can taste a little too! It should taste even more sour and vinegary. If everything is looking, smelling, and tasting good, you can consider your starter ripe and ready to use! If your starter is lagging behind a bit, continue on with the *Day 5 and Beyond* instructions.

Day 5 and Beyond: Maintaining Your Starter

- 4 ounces all-purpose flour (3/4 cup plus 2 tablespoons) and 4 ounces water (1/2 cup).
- Once your starter is ripe (or even if it's not quite ripe yet), you no longer need to bulk it up. You are ready to make your sourdough pretzels (See below)!
- ****Note-** If you're using the starter within the next few days, leave it out on the counter and continue discarding half and "feeding" it daily. Don't waste it! There are plenty of recipes you can make using discarded starters. If it will be longer before you use your starter, cover it tightly and place it in the fridge. Remember to take it out and feed it at least once a week — Usually let the starter sit out overnight to give the yeast time to recuperate before putting it back in the fridge.

How to Take a Long Break from Your Starter

If you're taking a break from baking, but want to keep your starter, you can do two things:

- 1) Make a Thick Starter: Feed your starter double the amount of flour to make a thicker dough-like starter. This thicker batter will maintain the yeast better over long periods of inactivity in the fridge.
- 2) Dry the Starter: Smear your starter on a Silpat and let it dry. Once completely dry, break it into flakes and store it in an airtight container. Dried sourdough can be stored for months. To re-start it, dissolve 1/4 cup of the flakes in 4 ounces of water, and stir in 4 ounces of flour. Continue feeding the starter until it is active again.

Now that you have successfully made your sourdough starter, let's get started!

Ingredients (Adapted from iambaker.net)

Pretzel Dough

- 1 cup (245g) milk, warmed
- 2 tablespoons butter, room temperature
- 1 tablespoon granulated sugar
- 1 1/2 cup sourdough starter, discard or fed
- 4 cups (500g) all-purpose flour

Pretzel Boiling

- 12 cups (839g) water
- 1 tablespoon baking soda

Topping

- 1 large egg, beaten for egg wash plus 1 Tablespoon water
- 2 teaspoons sea salt

Dipping

- [Cherchies® Champagne Mustard](#)
- [Cherchies® Cranberry Mustard](#)
- [Cherchies® Hot Banana Pepper Mustard](#)

Preparation (Adapted from iambaker.net)

- In the microwave, warm up the milk. (About 30 seconds should be fine).
- In the bowl of a stand mixer with a dough hook attachment, combine the warm milk with the softened butter, sugar, and sourdough starter (pictured on the left- full of bubbles).
- Add the flour and turn the mixer on 1-2 (never higher than 2 or medium-low) and let the mixer knead the dough for about 5 minutes.
- Turn off the mixer and scrape the dough into a medium bowl that has been lightly coated with oil. Cover with plastic and set aside for about 2 hours while the dough rises, or until dough has almost doubled in size.
- After 2 hours, turn the dough out onto a floured surface. Gently knead the dough for a couple of minutes.
- Separate dough into 12 pieces. Roll the pieces into 30 inch ropes (about 1 inch thickness).
- With a sharp knife, cut the pretzel rope into 1 inch pieces or shape each rope into a pretzel and place them on parchment-lined baking sheets. Put them in the freezer for 20-30 minutes before the water bath.
- Preheat the oven to 450°F while the pretzels are in the freezer.
- In a large stockpot, add water and baking soda. Cook over high heat. Once water is boiling, place a few of the pretzel bites (or pretzels) into the water. Remove with a slotted spoon after about 30 seconds (or after they have floated to the top) and place the pretzels back onto the lined baking sheets. ***(I forgot to take pictures of the pretzel bites going into the water bath, but the process is the same as for the pretzels.)***
- Brush the dough lightly with the egg wash and sprinkle the salt on top of each pretzel.
- Bake for 15 minutes, or until golden brown. Let them cool before serving.
- 12. Serve with [Cherchies® Champagne Mustard](#), [Cherchies® Cranberry Mustard](#), or [Cherchies® Hot Banana Pepper Mustard](#). The perfect anytime snack!
- Enjoy!

This delicious recipe brought to you by Cherchies® Specialty Foods
<http://blog.cherchies.com/home/2020/4/27/sour-dough-pretzel-recipe>