

Bier Brezel

By Werner Albrecht



Serves: 14 Brezel (60gr each)

Pre Dough

125 ml Water lukewarm

12 g (Fresh) yeast, dissolve in water

187g Plain flour, mix and let stand for 1 Hour

Main Dough

125 ml Water lukewarm

12 g (Fresh) yeast dissolve in Water

5 g Malt or Golden Syrup, mix with water

375 g Plain flour

12 g Salt

25 ml Vegetable oil

Mix all ingredients and combine with pre-dough

Knead until smooth (10-15 min)

Let rest for 20 min

Divide dough in 14 equal portions (60g each)

Roll each portion (thinner towards both ends) and form a Brezel shape

Let rest for 30-45 min

Preheat oven to 200 C

CAUTION!

Use rubber gloves and eye protection when working with caustic soda solution

Dip each Brezel in caustic soda solution (5%) and lay on baking paper

Sprinkle with coarse salt and make a small cut sideways

Bake in oven 190-200°C for 15-20 min or until golden brown

DO NOT

use aluminum or galvanized baking tray, caustic soda is highly corrosive