

## LEGEND OF THE PRETZEL

**During Lent, long ago in countries far away,  
The people made a bread that would remind them  
they should pray.**

**Some water, salt, and flour were mixed with greatest  
care,**

**Then the dough was shaped like arms that crossed the  
heart in prayer.**

**We too can have this twisted bread on any Lenten day.  
The little pretzel still is here reminding us to pray.**

### Recipe for Prayer Pretzels

1 cup warm water  
2 pkgs dry yeast  
2 Tablespoons sugar  
3 cups flour  
2 teaspoons baking soda  
butter or margarine  
1 egg  
coarse salt (sea salt)



- 🍪 Put warm water into a large bowl and add yeast. Stir until yeast dissolves. Add flour gradually and stir while adding it. Mixture will become stiff.
- 🍪 Sprinkle some flour on board and knead dough until smooth.
- 🍪 Form dough into ball; put back in bowl and cover with towel. Let rise in warm place for about one half hour.
- 🍪 Punch down dough and turn onto floured board. Flour rolling pin and roll dough into a square about ¼ to ½ inch thick.
- 🍪 Use dull back of knife to cut strips about as wide as your fattest finger.
- 🍪 Twist each strip into a pretzel shape.
- 🍪 One at a time, place each pretzel in shallow pot of boiling water to which you have added baking soda. Remove the pretzels after five seconds and put them on buttered baking pan. Brush with beaten egg and sprinkle with coarse salt.
- 🍪 Bake in hot oven (400 degrees) until golden brown (about 12-15 minutes).