LENT · FEBRUARY 10 TO MARCH 25, 2027

Soft Lenten pretzels

Prep 30 min **Cook** 15 min **Rise** 1 hr **Total** 1 hr 45 min **Makes** 12 pretzels **Level** Medium

ADULT SUPERVISION REQUIRED
Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot.

ALLERGY INFORMATION
Contains wheat (gluten). The dough has no egg, milk, or butter, as in the old Lenten fast. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

Dough

- 1½ cups (360 ml) warm water (about 110°F / 43°C)
- 2¼ tsp (1 packet, 7 g) instant or active dry yeast
- 1 tbsp (12 g) sugar
- 1½ tsp salt
- 2 tbsp (30 ml) olive oil or vegetable oil
- 4 to 4½ cups (500–560 g) all-purpose flour

Topping

- 1 tbsp baking soda stirred into 1 cup (240 ml) warm tap water
- Coarse salt or pretzel salt

METHOD

1. Stir the warm water, yeast, and sugar in a large bowl and let it stand 5 minutes, until foamy.
2. Add the salt, oil, and 4 cups (500 g) of flour and mix. Knead on a floured surface for 5 to 8 minutes, adding a little more flour if needed, until smooth and springy.
3. Put the dough in an oiled bowl, cover, and let it rise in a warm place for about 1 hour, until doubled.
4. Heat the oven to 425°F (220°C) and line two baking sheets with parchment paper. Divide the dough into 12 pieces.
5. Roll each piece into a rope about 18 inches (45 cm) long. Make a U, twist the ends around each other twice, then fold them down and press them onto the bottom of the U, like arms crossed in prayer.
6. Brush each pretzel all over with the baking soda water (no boiling needed) and sprinkle with coarse salt.
7. Bake 12 to 15 minutes, until deep golden brown. Cool a few minutes on a rack before eating.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Stir the yeast and watch it foam
- Roll the dough ropes
- Twist the pretzels into praying arms
- Cross your arms and say a short prayer before eating

GOOD TO KNOW

- Pretzels are best the day they are baked. Freeze extras and warm them in the oven.
- For a sweet version, skip the salt, brush the hot pretzels with melted butter, and dip them in cinnamon sugar (this adds milk).

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Lord Jesus, as we fold our arms to pray, help us walk with you through these forty days.