ST. MARTIN'S DAY (MARTINMAS) · NOVEMBER 11

St. Martin's Day pretzels (Martinsbrezeln)

Prep 35 min **Cook** 18 min **Rise** 1 hr 30 min **Total** 2 hr 23 min **Makes** 8 large 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. A grown-up lights any lantern candles. Battery lights or LED tea lights are the safe choice for children's lanterns.

ALLERGY INFORMATION

Contains wheat (gluten), milk, and egg. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 4 cups (500 g) all-purpose flour, plus a little for shaping
- ⅓ cup (65 g) sugar
- 2¼ tsp (1 packet, 7 g) instant yeast
- 1 tsp salt
- 1 cup (240 ml) milk
- ¼ cup (55 g) butter
- 1 egg, plus 1 egg yolk beaten with 1 tbsp milk for brushing
- 2 tbsp pearl sugar or coarse sugar, for sprinkling

METHOD

1. Warm the milk and butter until the butter melts, then let it cool until just warm to the touch (about 105–110°F, 40–43°C).
2. In a large bowl, mix the flour, sugar, yeast, and salt. Add the warm milk and the egg and stir to a shaggy dough.
3. Knead for 8 to 10 minutes, until smooth and soft but not sticky, adding a spoonful of flour only if needed. Cover and let rise in a warm place for about 1 hour, until doubled.
4. Divide the dough into 8 pieces. Roll each into a rope about 20 inches (50 cm) long, thicker in the middle and thinner at the ends.
5. Shape each pretzel: make a U, cross the ends over each other twice to make a twist, then fold the twist down and press the ends onto the bottom of the U.
6. Set the pretzels on two lined baking sheets, cover, and let rise 20 to 30 minutes, until puffy. Heat the oven to 350°F (175°C).
7. Brush with the egg yolk mixture, sprinkle with pearl sugar, and bake 15 to 18 minutes, until golden brown. Cool on a rack.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Measure the flour and sugar
- Roll the dough ropes (wobbly is fine)
- Twist the pretzels with a grown-up's help
- Brush on the egg wash and sprinkle the sugar
- Break a pretzel in half and share it, like Martin's cloak

GOOD TO KNOW

- Make the dough the night before: after kneading, cover and refrigerate it, then let it warm up for 30 minutes before shaping.
- Pretzels are best the day they are baked. Freeze extras and warm them for 5 minutes in a 300°F (150°C) oven.
- No pearl sugar? Brush the warm pretzels with melted butter and dip the tops in cinnamon sugar.

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. Saint Martin, pray for us, and help us share what we have with anyone who is cold or in need.