

# BAKE: LARGE PRETZEL KNOT

Kia ora! I'm Marina, a Māui dolphin.  
I've been learning about knots and wanted to explore more! Come  
& bake pretzel's with me, a type of baked pastry that is shaped  
into a knot.



## WHAT YOU NEED:

THIS RECIPE IS FOR A SINGLE SERVE



### Pretzel dough:

1/3 cup of flour for dough  
3 Tbsp flour for kneading  
1/4 tsp of salt  
Pinch of sugar  
1 tsp active dry yeast  
3 Tbsp warm water for dough

### Coating:

1/2 cup warm water  
1 tsp baking soda  
1 egg yolk

### Toppings:

Sea Salt flakes, sesame &/or poppy seeds

Flat baking tray lined with baking paper, mixing bowls,  
measuring spoons, basting brush, stirring spoon

## MAKE & BAKE YOUR PRETZEL

Follow the recipe below with the help of an adult

### 1. Mix your pretzel dough

Mix flour for dough, salt, sugar & yeast together. Add 3 Tbsp warm water and stir until the mixture forms a ball. The mixture should stick to itself, rather than the sides of the bowl.



### 2. Knead the dough to add strength & texture.

Sprinkle flour onto a clean surface. Place your dough on the flour and dust a bit more flour on top. Knead the dough gently by rolling your mixture with the base of your palms continuously. You want to stretch the dough and then fold it over, repeating this motion for about a minute.



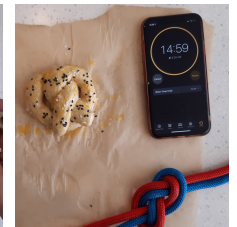
### 3. Form your pretzel knot

Roll your dough into approx. 50cm by 1cm cylinder. Follow the steps below to create a pretzel knot.



### 4. Coat the dough, let it rest & pre-heat your oven to 220°C (200°C fan bake).

Mix together the warm water and baking soda for the coating. Dip both side of your pretzel into the mixture and place on baking paper. Brush the pretzel with the egg yolk and sprinkle your choice of toppings. Let it rest for 15 minutes while your oven is heating.



### 5. Bake your pretzel.

Place your pretzel & baking paper onto a flat baking tray and put it in the oven for 20 minutes, until golden.



**Your pretzel is complete**

Eat it while it's pipping knot!