

Pretzel Buns

Jacob · 28/09/2024

**Prep Time**

1 hr 50 mins

Difficult

Medium

Servings

12

Description

Buns that taste and look like soft pretzels Not too difficult to make these buns are great for sandwiches or as a side especially with steak Try them with burgers topped with Swiss cheese and honey mustard

Ingredients

— - 4 ½ teaspoons active dry yeast - 1 teaspoon white sugar - ½ cup warm water - 2 cups warm milk - 6 tablespoons vegetable shortening - 2 eggs - 6 cups all-purpose flour

— divided - 1 tablespoon vegetable oil - ¼ cup white sugar - 1 ½ teaspoons salt - ½ cup baking soda - 4 cups water - ¼ cup melted butter - sea salt

Instructions

1. Sprinkle yeast and 1 teaspoon sugar over 1/2 cup warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C). Let stand for 5 minutes until the yeast softens and begins to form a creamy foam. Add milk
2. shortening
3. eggs
4. 3 cups flour
5. oil
6. 1/4 cup sugar
7. and 1 1/2 teaspoons salt. Blend with an electric mixer on medium speed until smooth. Mix in remaining 3 cups of flour by hand
8. 1/2 cup at a time
9. mixing well after each addition. When the dough has pulled together
10. turn it out onto a floured surface
11. and knead until smooth and elastic
12. about 5 minutes. The dough will be sticky. Lightly oil a large bowl
13. then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume
14. about 1 hour. Uncover the dough and punch it down. Preheat oven to 350 degrees F (175 degrees C). Pull off baseball size portions of dough and roll into "snakes" about 6 inches long. Roll each "snake" into a spiral to give the tops some texture. Set each formed bun aside. Mix the baking soda and 4 cups hot water in a bowl. The baking soda does not need to dissolve completely. Dip each bun in the baking soda solution before placing on a baking sheet. Brush each bun with melted butter and sprinkle with sea salt. Bake in the preheated oven until brown
15. 20 to 25 minutes. Cool on a wire rack or brown paper bag.