



COOKING CLASSES

AT SUR LA TABLE

FOCUS SERIES
DOUGH 101
TWO-DAY PRETZEL WORKSHOP

WITH SUR LA TABLE CHEF

MENU:

HOMEMADE SOFT PRETZELS
BEER CHEESE
HONEY MUSTARD

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Dairy

- 1 large egg
- 1 cup whole milk
- 12 ounces sharp cheddar cheese
- 1/4 cup mayonnaise

Pantry Items

- Granulated sugar
- All-purpose flour
- Fine kosher salt or sea salt
- Vegetable oil
- Active dry yeast
- Baking soda
- Coarse or flaky sea salt
- Cornstarch
- Dijon mustard
- Honey
- Worcestershire sauce
- Hot sauce

Dry/Canned Goods

- 1 (12-ounce) bottle beer, preferably brown ale
- 5 ounces evaporated milk

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowl (various sizes)
- Whisk
- Bench scraper
- Slotted spoon or spider
- Fine-mesh strainer
- Silicone spatula
- Pastry brush
- Cheese grater

Cookware

- Large stockpot
- Small saucepan

Bakeware

- 2 rimmed baking sheets
- Wire cooling rack

Other

- Plastic wrap
- Kitchen towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Before Day 1 Class:

1. Weigh all your ingredients and have them portioned in prep bowls or small mixing bowls.

Day 1:

- Make pretzel dough.
 - Proof pretzel dough.
 - Cover in plastic wrap and refrigerate.
 - Prepare honey mustard.
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Before Day 2 Class:

1. 1 hour before class remove pretzel dough from the refrigerator and allow to come to room temperature.
2. Preheat oven to 425°F.

Day 2:

- Shape pretzels.
- Boil pretzels.
- Bake pretzels.
- Prepare beer cheese.

HOMEMADE SOFT PRETZELS

Yield: 14 pretzels

The yeast dough recipe below is very versatile. It can be used to make pretzels, monkey bread, bread rolls and loaves. Pretzels originate in Europe and are known for their unique knot-like shape. They can be savory or sweet and sometimes are decorated with sugar, salt crystals, or various seeds and nuts.

1 cup whole milk, warm
2 1/4 teaspoons active dry yeast
2 tablespoons granulated sugar
4 cups all-purpose flour, plus more for dusting
1 1/2 teaspoons kosher salt
1/2 cup warm water
2 tablespoons vegetable oil, plus more for coating
1/2 cup baking soda
1 large egg, lightly beaten
Coarse or flaky salt, for garnishing

1. To a small bowl, add milk, yeast and sugar; stir to dissolve. Set aside for 5 minutes, until mixture is foamy.
2. To a large bowl, add flour and salt; whisk to combine. Make a well in center of flour mixture and pour in yeast mixture, water and oil. Using a wooden spoon, stir together dry and wet ingredients until dough comes together in a shaggy mass. Discard any extra shaggy bits as they will produce dry lumps in your finished product.
3. Place dough onto a lightly floured work surface. Dip your hands into flour and knead dough until it is smooth, springy and no longer sticky, 5 to 7 minutes. If dough feels sticky, add a little more flour to work surface or your hands.
4. ***To proof and slow retard dough:*** Lightly oil a large bowl. Shape dough into a ball and transfer to bowl. Lightly coat dough with oil and cover bowl with plastic wrap. Allow dough to double in size, about 1 to 1 1/2 hours. Transfer dough to refrigerator to rest overnight or for up to 12 hours.
5. 1 hour before boiling and baking pretzels, remove dough from refrigerator and allow to come to room temperature. Preheat oven to 425°F degrees and position one oven rack on top and one on bottom of oven.
6. ***To shape pretzels:*** Punch down dough by flattening with your hands. Cut dough into 14 equal pieces. Place 1 piece of dough onto a clean work surface. Using your palms, roll into 20" long rope. Form rope into a U shape and twist ends together once. Bring ends of rope toward

bottom of U and press gently onto bottom of curve to adhere. Repeat with remaining dough pieces. Let pretzels rest 10 minutes.

7. **To boil pretzels:** Lay a clean kitchen towel down onto a clean work surface. Fill a large stockpot with water and bring to a boil. Once water boils, stir in baking soda. Working in batches, slide several pretzels at a time into boiling water, knot side down. Boil for 30 seconds, then flip and boil 30 seconds more. Using a spider or a mesh strainer, transfer pretzels to kitchen towel to drain. Repeat with remaining pretzels.

8. **To bake pretzels:** Line two baking sheets with parchment paper or silicone mats. Transfer pretzels to prepared baking sheets. Using a pastry brush, brush pretzels with beaten egg and sprinkle with salt. Transfer pretzels into oven and bake until golden brown, rotating halfway through, about 15 minutes total.

HONEY MUSTARD

Yield: about 1/2 cup

1/4 cup Dijon mustard
1/4 cup mayonnaise
2 tablespoons honey
Kosher salt and freshly ground black pepper

1. To a medium bowl, add mustard, mayonnaise and honey; whisk to combine. Taste and adjust seasoning with salt and pepper.

Recipe variations:

- To add some heat, use spicy mustard instead of Dijon.

BEER CHEESE SAUCE

Yield: about 2 cups

12 ounces sharp cheddar cheese, shredded
1 1/2 tablespoons cornstarch
1 (12-ounce) bottle beer, preferably brown ale
5 ounces evaporated milk
1 tablespoon Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon hot sauce
Kosher salt, to taste

1. To a medium bowl, toss cheese with cornstarch.

2. To a medium saucepan set over medium heat, add beer, milk, mustard and Worcestershire sauce. Cook, while whisking until mixture is simmering. Using a wooden spoon, stir cheese, and continue to stir until cheese is completely melted, bubbling slightly, and thickened. Stir in hot sauce and season with salt to taste.

3. Serve immediately with soft pretzels.

Recipe variations:

- For a beer-free cheese sauce, substitute beer for whole milk.