



Sesame Seed Soft Pretzels

- 1 TYH recipe pizza crust dough, made with sprouted wheat flour (check the recipe on web site recipe page)
 - 3 tablespoons baking soda
 - ¼ cup organic butter, melted
 - 2 tablespoons sesame seeds
 - 2 teaspoons coarse sea salt or Himalayan salt
1. Preheat oven to 425 degrees. Turn pizza dough out onto a lightly floured surface and knead until smooth (2-3 minutes). Place in a lightly greased bowl, turning to grease top. Cover dough with plastic wrap and let rise in a warm place (85%), free from drafts, 1 hour or until doubled in bulk. I place my dough next to or on top of my Bunn coffee maker that stays warm 24/7.
 2. Divide dough into 8 equal pieces. Roll each piece into a 16-inch-long rope on lightly floured surface keeping unused dough covered with a damp towel. Form each rope into a U-shape on a parchment paper-lined baking sheet. Fold or twist each end down diagonally and tuck under dough, forming pretzel shape. Cover with a damp towel; let stand 15 minutes.
 3. Fill a 3-½ quart saucepan with water and stir in baking soda. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer. Gently lower 2 pretzels into simmering water mixture. Cook 10 seconds on each side. Transfer to a lightly greased wire rack. Repeat procedure with remaining pretzels.
 4. Transfer pretzels to parchment paper-lined baking sheet. Brush generously with melted butter and sprinkle with sesame seeds and sea or Himalayan salt. Bake for 12-15 minutes or until golden brown and thoroughly cooked.