



Kids in the Kitchen

Lenten Pretzels

by Pat Trattles



Pretzels are a traditional food for Lent, the season before Easter. One reason is that pretzels are shaped like two arms crossed in prayer. (Instead of folding their hands like we often do now, early Christians crossed their arms over their chests when they prayed.) You can bake up your own batch of Lenten pretzels by following this simple recipe:

You will need:

- 1 package of **yeast**
- 1 ½ cups of **very warm water**
- 2 teaspoons **salt**
- 1 tablespoon **sugar**
- 4 cups **flour**
- 1 **egg** (beaten)

Dissolve the yeast in the warm water. Put the dissolved yeast in a mixing bowl. Add salt and sugar, then slowly blend in the flour to make dough. Knead dough until it is smooth. Split the dough into small pieces, and roll these pieces into ropes. Twist ropes into pretzel shapes and place on lightly greased cookie sheets. Brush the pretzels with beaten egg and sprinkle with salt. (Coarse salt works best, but table salt works, too.) Bake immediately in a 425° oven for 12-15 minutes.

*** Super shortcut:** Making your own dough is fun (and delicious), but you can also make these with frozen bread dough. Just thaw the dough according to the directions on the package, and then follow the recipe here starting with “Split the dough into small pieces...” ■