

Pretzel Bites

Ingredients

1 package dry active yeast
¾ cup warm water
½ tablespoon granulated sugar
2 cups all purpose flour
¼ teaspoon salt
1 large egg
1 tablespoon unsalted butter
Course salt

Directions

1. Preheat oven to 425 F. Line baking sheet with parchment paper.
2. In a large bowl, combine the yeast and warm water. Let sit until the yeast dissolves. (about 2-3 minutes).
3. Stir the sugar into the yeast mixture until dissolved.
4. Add the flour and salt. Stir to combine. The dough will be crumbly. Knead dough on counter until smooth.
5. In a small bowl, lightly beat the egg. Set aside.
6. Divide the dough into 2 portions. Working with one at a time, roll the dough into ropes. Use a sharp knife to cut 1-inch lengths of rope.
7. Drop each of the dough pieces into the egg mixture and immediately transfer to the prepared baking sheet. Place them about ½ inch apart. Sprinkle with coarse salt.
8. Bake for 8-10 minutes.
9. Melt the butter and brush all the pretzel bites with butter, then sprinkle with more salt.

Name: _____ Date: _____ Class: _____

Kitchen Lab Planning Sheet

Unit: _____ Recipe: _____

Head Chef		Sous Chef	
Designates roles to others. Cooks at stove/puts food in oven. Sweeps floor. Assists and checks all cleaning is complete. Citizenship.		Chops necessary foods. Preheats oven if used. Assists cook. Wipes tables. Citizenship	
Assistant	Helper	Aid	
Gets equipment needed. Dries/puts away dishes. Puts dirty laundry away. Citizenship.	Measures ingredients from teacher. Gets clean linens, Washes dishes. Citizenship.	Measures ingredients from bin. Wipes counters and stove. Fills up any canisters. Citizenship.	

List ALL equipment used for this recipe.

What is your evaluation of the recipe? (circle one)

Yay! ☺

Meh

Nay! ☹

What changes would you make to the recipe or how it was prepared? Please explain.

Chef initials to indicate kitchen is acceptable at the end of the class. _____

Using as much detail as you can, please fill in the blank and finish the sentence starter.

I would rate myself as _____ (working hard, working, or hardly working) because . . .

I would rate _____ (name of team member) _____ (working hard, working, or hardly working) because . . .

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I would rate _____ (name of team member) _____ (working hard, working, or hardly working) because . . .

I would rate _____ (name of team member) _____ (working hard, working, or hardly working) because . . .