



101

ATMS
EDUCATION

FUN AND EASY RECIPES

with



PRETZELS AND DIPS

Equipment you will need:

- scales
- bowl
- grease proof paper
- baking tray
- cutlery
- oven

Ingredients you will need:

You will need:

300g plain flour
1 sachet of yeast
90ml warm milk
90ml warm water
sea salt

For coronation and tzatziki dips:

200g natural yoghurt
25g sultanas
1-2tsp caster sugar
1-2tsp curry powder
1-2tsp garlic powder
100g finely chopped cucumber
1tsp mint

TIME TO MAKE: 2-3 HOURS

METHOD

1. Weigh the flour into a bowl and mix in the sachet of yeast.
2. Add the warm milk and the warm water and begin to mix with a spoon.
3. Once the mixture begins to come together, knead the dough until it has a smooth surface and no flour is visible.
4. Leave to prove for 20-30 minutes.
5. Whilst your dough is proving, weigh 100g natural yoghurt into a bowl.
6. Add the sugar, curry powder, garlic granules and the sultanas and mix to make a coronation dip.
7. In a separate bowl, weigh 100g natural yoghurt and add the finely chopped cucumber and mint. Mix together for a tzatziki dip.
8. Place the dips in the fridge for now.
9. Once your dough has proven, use your fingers to press the dough and 'knock back'.
10. Separate the dough into 4 balls then roll each into sausage shapes approximately 30cm long.
11. Take the ends of the sausage and twist together then use a little milk to press the edges down to make the pretzel shape.
12. Place on a grease proof covered tray with a 3cm gap between each pretzel.
13. Brush the pretzels with a milk wash then sprinkle some sea salt on top.
14. Bake in the oven for 15-20 minutes until the pretzels go a golden colour and have a hollow sound when tapped.