

MUNICH

BRETZEL



Ingredients (for 6 to 8 people)

- 1/2 l milk
- 75 g softened butter
- 900 g flour
- 50 g baker's yeast (or a package of dehydrated baker's yeast)
- 10 g fine salt
- 75 g sugar

Preparation:

In half of the warm milk, dissolve the yeast. Prepare a bread dough with the flour and the sourdough. Allow to rise until the dough has doubled in volume.

Add the other half of milk, the butter, the sugar and the fine salt. Knead and let rise for 30 minutes.

shaping

Stretch the dough and shape into cylinders of about 1 m 20 to 1 m 50 long. Then shape the bretzels, cutting furrows in it, baste with a mixture of egg yolk, beer and milk.

Let stand for 1/2 hour and sprinkle with gross salt on both sides.

Bake in a medium oven for about 35 minutes.

