

## PRETZEL BAGELS . . . OR BAGEL PRETZELS



Once I took my children to a factory in the Amish country in Pennsylvania where they made pretzels by hand. The pretzel baker told us that pretzels, a cousin of the bagel—not boiled, just baked—were originally rings put together to form a figure eight. So why not call them pretzel bagels . . . or bagel pretzels. This is a recipe my son, David, used in nursery school to make pretzels which the children would sell at an Israeli *shouk*, or marketplace.

### INGREDIENTS

1 package or 1 scant tablespoon  
dry yeast  
1 teaspoon honey  
1/2 cup warm water  
1 teaspoon salt  
1 cup all-purpose flour  
1 egg with water for wash, beaten  
lightly  
Kosher salt  
or  
Ground cinnamon and sugar

### EQUIPMENT

Mixing bowls  
Measuring cups  
Measuring spoons  
Eggbeater or whisk  
Greased baking sheet



**Adult:** Preheat oven to 425°.

**Adult with Child:** Dissolve the yeast and sugar in the water. In another bowl combine the salt and flour. Stir in the yeast mixture and add more flour if necessary to make it sticky but not too wet.

**Child:** Knead for 5 to 10 minutes. This is great fun. You can do this the proper way, using the heel of your hand to press and then gathering up

the dough in your fingers, or you can treat it like Play-Doh, squeezing and squishing it as you wish. Break it off in 4 small pieces. Using the palm of your hand, roll out the dough into a long cylinder like a snake, about 8–10 inches long. Then twist it into a circle and place it on a greased baking sheet. You can also make Hebrew letters, Hebrew names, or figure-eight pretzels from the dough. To make a pretzel, take both ends of the snake, lift them up, and cross them in the center of the circle of dough. Brush it with the beaten egg and sprinkle with the kosher salt, or you may want to sprinkle it with cinnamon sugar.

**Adult:** Bake in the oven for 10–15 minutes. Remove to a drying rack and serve. Yummy!

