



Lemon Pretzels for Lent

Makes approx. 9-10 pretzels

1. Set your oven to 220 degrees Celsius, if you are using a fan forced oven (bay 4) set it to 205 degrees Celsius. Line 2 trays with baking paper.
2. In a large silver bowl measure 1 ½ cups of WARM water from the tap and sprinkle 1 pkt of dry yeast (7g) on top. Mix them together for about a minute.
3. Add 1 teaspoon of salt and 1 teaspoon of sugar and stir. Add 1 teaspoon lemon rind.
4. Measure 1 cup of plain flour and stir it with a wooden spoon into the mixture. Add another cup of plain flour and stir it in well. Add a third cup of flour and mix it with the wooden spoon. Add a little more flour if the dough is still sticky (ask a teacher if you are not sure, you can add up to another cup).
5. Make sure your bench is clean, sprinkle some flour onto the bench and then put the dough on the bench. Knead the dough with your hands until it is smooth (about a minute).
6. Break the dough into 3 pieces and then knead the 3 pieces for a couple of minutes, 3 people can do this.
7. Break each ball into 3 pieces. Roll each of these pieces into a long rope shape. Everyone can make at least one pretzel. Fold your pretzel ...
8. Carefully place your pretzels on the baking tray, not too close to each other, no more than 6 to a tray.
9. Crack an egg into a bowl and mix it up with a fork. Brush some of the egg over each pretzel and then sprinkle it with a little bit of salt.
10. Cook it for 10 minutes or until its golden. Remove from the oven and enjoy.