

Cheese stuffed Pretzels



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Recipe by: Laura Vitale

Makes 8

Prep Time: 30 minutes
Cook Time: 30 minutes

Ingredients

For the pretzels:

- 4-1/2 cups of All Purpose Flour
- 2 1/4 tsp of Instant Yeast
- 2 Tbsp of Sugar
- 1 Tbsp of Coarse Kosher Salt (use only 2 tsp if using fine salt)
- 1-1/2 cups of Warm Water
- 2 Tbsp of Melted Butter
- 4oz of shredded Mozzarella
- 4oz of shredded Gouda

For the Egg Wash:

- 1 Beaten Egg
- Pretzel Salt or Coarse Kosher Salt

For the water bath:

- 10 cups of Water
- 1/3 cup of Baking Soda

For the beer and cheese dip:

- 4 Tbsp of Unsalted Butter
- 4 Tbsp of All Purpose Flour
- 1 cup of Milk
- 1/2 cup of Beer, I use Yingling
- Few Dashes of Worcestershire Sauce
- 1 Tbsp of Whole Grain Mustard
- 4oz of Sharp Cheddar, shredded fresh
- 4oz of Swiss, shredded fresh
- Salt and Pepper to taste

1) In the bowl of a standing mixer, add four cups of flour, salt, sugar and yeast, give it a stir then add the water and butter, knead on medium speed for 3-5 minutes or until a dough forms, if the dough feels too wet to the touch (tacky is ok, just not wet) slowly sprinkle in the remaining flour a little at a time.

2) Once the dough comes together, knead it into a ball and place it in an oiled bowl (don't forget to oil the top as well) and let it rise until doubled in size (if not even a bit more). At this point, add the gouda and mozzarella to the freezer.

3) Deflate the risen dough onto a lightly floured surface, divide it into 8 equal pieces then cover them and let them rest for 10 minutes, while they rest, prep the water bath and preheat your oven to 450 degrees.

4) Line 2 baking sheets with parchment paper and set aside. Fill a large but somewhat shallow pot with the water and bring to a boil, while it comes to a boil, form your pretzels.

5) Take each piece of dough, roll into a 14-18 inch rope, then flatten it as much as you can, sprinkle with the cheeses, fold over, seal, roll and form your pretzel (watch video to see how I do this because it's a bit confusing to explain here) place them on one of the prepared baking sheets, once the water is up to a boil, add the baking soda and give it a stir.

6) Drop a few pretzels at a time, leave them in for 45 seconds, remove to the other prepared baking sheet and continue with the rest.

7) Brush the egg all over the top of the pretzels, sprinkle with the salt and bake on the top rack for 15 minutes or until deeply golden, while they bake, make the dip.

8) In a saucepan, add the butter, once melted, whisk in the flour and cook for 1 minute, then add the beer and milk, cook while constantly whisking until it thickens, then season with salt, pepper, mustard and worcestershire sauce, then whisk in the cheese and cook while whisking until the cheese is fully melted. Set aside and serve with fresh warm pretzels.

