



# Pretzel Bites

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## INGREDIENTS

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3/4 cup water  
1/8 cup canola oil  
2 1/2 cups all-purpose flour  
1 teaspoon salt  
1 teaspoon sugar  
2 1/4 teaspoons instant yeast

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1 cup boiling water  
2 tablespoons baking soda  
Sea salt or pretzel salt (coarse)  
6 tablespoons unsalted butter, melted

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## DIRECTIONS

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1. Place 7/8 cup water, oil, flour, salt, sugar, and yeast into the pan of your bread machine, in the order specified by the manufacturer. Set the program for the machine for dough or manual: press Start.
2. Allow the dough to proceed through its kneading cycle (no need to let it rise), then cancel the machine. Remove the dough, flour enough to handle without sticking to hands, and place in bowl to rest for 30 minutes.
3. While the dough is resting, prepare the water/baking soda bath. Combine the boiling water and baking soda, stirring until the soda is totally (or almost totally) dissolved. Set the mixture aside to cool to lukewarm (or cooler).

4. Preheat your oven to 400°F. Prepare a baking sheet by spraying it with vegetable oil spray, or lining it with parchment paper. Transfer the dough to a lightly greased work surface, and divide it into six equal pieces.
5. Roll the six pieces of dough into 12" to 15" ropes. Cut each rope crosswise into about 12 pieces.
6. Pour the cooled baking soda solution into a pan large enough to hold the bites (13x 9 inch pan works). Place the bites into the solution, gently swish them around, and leave them there for a couple of minutes. Transfer them to a greased or parchment-lined baking sheet. Sprinkle with pretzel salt or sea salt.
7. Bake the bites for 10 to 12 minutes, until golden brown. Remove them from the oven, and roll them in the melted butter.

- Yield: about 6 dozen bites.

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