

Lenten pretzels

The pretzel has great historical and spiritual significance. As the faithful in the old Roman Empire kept a very strict fast all through Lent – no dairy products, eggs, or meat – they made small breads of water, flour, and salt to accompany their simple meals of fish, fruit, and vegetables. To remind themselves that Lent was a time of prayer, they shaped the breads in the form of arms crossed in prayer. The Latin word *bracellae*, “little arms,” eventually became the Germanic “pretzel.”

Traditional Pretzels	
<ul style="list-style-type: none">• 1 pkg. dry yeast• 1 1/4 C. warm water• 1 tsp. salt• 1 tbsp. sugar• 4 C. flour• 1/4 C. melted butter• 1 beaten egg	<p>Dissolve yeast in water. Add salt and sugar.</p> <p>Blend in flour. Knead dough until smooth.</p> <p>Cut into small pieces. Roll into ropes and twist into pretzel shape.</p> <p>Place on lightly greased cookie sheets. Brush pretzels with beaten egg.</p> <p>Sprinkle with coarse salt if desired.</p> <p>Bake at 375° F about 15 minutes.</p>
– Recipe by Jackie Lindsey	
Quick Pretzels	

<ul style="list-style-type: none"> • 2 tbsp. honey • 1 C. warm water • 1 envelope Rapidrise yeast • 1 tsp. salt • 3 C. flour • 1 egg, beaten • coarse salt • sesame seed • Mrs. Dash seasoning 	<p>Soften yeast in the warm water. Add the honey and 1 tsp. salt.</p> <p>Blend in the flour. Turn out dough on a lightly floured surface and knead until smooth, about five minutes.</p> <p>Roll the dough into ropes about 18" long and shape into pretzel shapes. Place on lightly greased cookie sheet.</p> <p>Brush with beaten egg.</p> <p>Sprinkle with coarse salt or use sesame seed and Mrs. Dash non-salt seasoning.</p> <p>Bake at 425° F for 12 to 15 minutes until the pretzels are golden brown.</p> <p>Yield: 10 to 12 pretzels.</p>
---	---