

# 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.”

<b>Traditional Pretzels</b>	
<ul style="list-style-type: none"><li>• 1 pkg. dry yeast</li><li>• 1 1/4 C. warm water</li><li>• 1 tsp. salt</li><li>• 1 tbsp. sugar</li><li>• 4 C. flour</li><li>• 1/4 C. melted butter</li><li>• 1 beaten egg</li></ul>	<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>
<p><b>– Recipe by Jackie Lindsey</b></p>	
<b>Quick Pretzels</b>	

<ul style="list-style-type: none"><li>• 2 tbsp. honey</li><li>• 1 C. warm water</li><li>• 1 envelope Rapidrise yeast</li><li>• 1 tsp. salt</li><li>• 3 C. flour</li><li>• 1 egg, beaten</li><li>• coarse salt</li><li>• sesame seed</li><li>• Mrs. Dash seasoning</li></ul>	<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>
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