

Making Pretzels

The pretzel has been used during Lent for over 1500 years. It is thought that originally pretzels were made by monks to resemble arms crossed in prayer. These breads were called “little arms.” This can have deep spiritual meaning for us during Lent. Since basically only flour and water are used, pretzels can remind us of fasting.

Ingredients: 1 cake yeast, 1 ½ cup warm water, 1 tsp. salt, 1 T. sugar, 4 cups flour

Directions: Dissolve yeast in warm water and sugar for about 5 minutes. Mix the flour and salt and add yeast mixture. Knead well (7-8 minutes), adding more flour if necessary to form firm dough. Let rise, covered, in a greased bowl until double. Preheat oven to 475°F. Divide dough into 32 equal parts. Roll each part into a snakelike strand, form strand into pretzel shape, and place on greased baking sheet. Brush with beaten egg and sprinkle with coarse salt if desired. Bake for about 10 minutes or until done.

Blessing the pretzels:

Heavenly Father, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will become better people to each other. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, O Father, to protect us always. Amen.

