

FiveMonstersPaleo

# Paleo/Gluten Free Soft Pretzel Bites



Prep time **60-90 min, including proof time**

Cook time **12-13 minutes**

Yield **48 pretzel bites**

Special tools needed **3 silicone mats or parchment paper, 4-quart stock pot, 2 baking sheets**

## Notes:

Full-size pretzels are achievable with this recipe, but they are definitely more of a challenge to execute well. For full-size pretzels, roll out 8 logs to about  $\frac{3}{4}$ -inch thickness, twist into pretzels, and increase bake time by about 3-4 minutes. Yield:8

## Ingredients

For the dough:

- 1  $\frac{1}{4}$  cup cassava flour
- $\frac{1}{2}$  cup potato starch
- $\frac{1}{2}$  cup almond flour
- 1 T baking powder
- 2 tsp active dry yeast
- 1 tsp xanthan gum (to help provide structure)
- 1 cup warm water
- 3 T olive oil
- 2-3 T honey
- 1 large egg
- 1 tsp fine sea salt

For boiling and baking:

- 2  $\frac{1}{2}$  quarts (10 cups) water
- $\frac{2}{3}$  cups baking soda
- 1 small egg+1 tsp water
- Coarse salt (I used Celtic grey salt)

## Preparation

1. **If your oven has a “proof” setting**, turn that on. Otherwise, preheat the oven to its lowest setting and then turn it off right before proofing.
2. **To make the dough**, add dry ingredients (cassava flour-xanthan gum) to the bowl of a stand mixer and thoroughly combine on low speed with the paddle attachment.

3. **In a small bowl or large measuring cup**, whisk together the wet ingredients (water-egg).
4. **With the mixer on low**, slowly pour the wet mixture into the dry mixture. Increase speed to medium, and mix until the dough comes together, about 1 minute. Then beat in the salt. Dough will be pretty sticky and almost like a thick cake batter.
5. **Transfer the dough to a large, well-greased bowl heavily coated with olive oil**, reach down to the bottom, and flip the dough over so the top is now coated in oil. Cover with plastic wrap or a kitchen towel, and proof in the warm oven for 30 minutes.
6. **Preheat the oven to 400 degrees F** and line 2 baking sheets with silicone mats or parchment paper.
7. **Add 2 ½ quarts water and ⅔ cup baking soda to a 4-quart stock pot**, and bring to a boil.
8. **Meanwhile**, turn proofed dough out onto a silicone mat or large piece of parchment paper. Divide dough into 8 equal pieces.
9. **At this point**, if you want to make large pretzels, roll each piece into a ½-inch log and GENTLY lift and twist into the pretzel shape. Otherwise, roll each piece into a 1-inch log and cut into 6 equal pieces.
10. **For large pretzels**, CAREFULLY add ONE at a time to the boiling water and CAREFULLY remove with a very large spatula after about 10 seconds, transferring to one of the prepared baking sheets. **For pretzel bites**, carefully add about 4 pieces at a time to the boiling water and use a spatula or slotted spoon to carefully transfer to one of the

prepared baking sheets. It may be helpful to have a paper towel handy to wipe up any extra water that drips on the pan. You don't want soggy pretzel bites!

11. **Use a fork to beat up the final egg with 1 tsp water**, and use a pastry brush to lightly brush each boiled pretzel bite with the egg wash, being careful not to let it pool around the bottom—a ring of baked egg is not what we are going for here!
12. **Finish the prepped pretzel bites off with a sprinkling of coarse salt**, and bake one pan at a time at 400 degrees F for 12-13 minutes, or about 16-17 minutes for full-sized pretzels.