

# Soft Pretzels & Cheese



## Ingredients

### Pretzels:

- 1 ½ cups lukewarm water
- 2 ¼ tsp active yeast
- 1 tsp salt
- 1 Tbsp sugar
- 1 Tbsp melted butter
- 3 ¾ cups flour
- ½ cup baking soda
- Coarse salt, as needed

### Cheese:

- 8 Tbsp butter
- 8 Tbsp flour
- 4 cups milk
- ¼ tsp ground mustard
- Salt & Pepper, to taste
- 4 cups cheddar cheese

## Utensils

- Measuring cups and spoons
- Mixing bowls
- Spatula
- Whisk
- Large pot
- Tongs or Slotted Spoon
- Baking Sheets
- Parchment Paper
- Nonstick Spray



# Recipe Instructions

## Step 1: Prep & Active Yeast

Line baking sheets with parchment paper & spray with nonstick spray.  
Preheat oven to 400°.  
Add active yeast to warm water.  
Gently whisk.  
Let sit for about 5 minutes or until foamy.  
Whisk in salt, sugar, and melted butter.

## Step 2: Knead

Add flour to liquid mixture, one cup at a time. You do not want the dough to be sticky anymore (you may add about ½ cup more flour if necessary).  
Knead dough for 3 minutes.  
Cover with a paper towel and let rest for 10 minutes.

## Step 3: Form Dough

Once dough has rested you can use a pizza cutter to cut it into strips. Roll strip into a long rope. Take the two ends of the rope and lift up, then twist together, and bring down to create a pretzel shape. You can also make sticks, or nuggets.

## Step 4: Boil & Bake

Bring baking soda and water to a boil.  
Gently place pretzels into the boiling water for 20-30 seconds and remove with tongs or slotted spoon.  
Place on prepared baking sheet and sprinkle with salt, as desired.  
Bake at 400° for 12-15 minutes.

## Step 5: Bechamel

Melt butter in a pot on the stove over medium heat. Whisk in flour. Add milk & seasonings, continue to whisk until it thickens. Turn down to low and cook for about 5 minutes, stirring occasionally until it really thickens.

## Step 6: Cheese & Finish

Turn heat off, add cheddar cheese and whisk to combine.  
  
Plate pretzels & cheese together and **enjoy!**  
  
*Both can be stored in an airtight container in the fridge for about 4 days.*



Scan this QR code with your phone to check out our Easy Eats for Every1 YouTube Channel!

## Kitchen Safety Tips:

- Always use **potholders** when touching pots on the stove.
- Be careful when you drop any food into hot liquid. It could **splash** and **burn** you.
- Always use an **oven mitt** when touching pans in the oven.