

# Heritage Recipes

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## Authentic Soft German Pretzels

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The Request: "HELP, am looking for a German pretzel recipe that my mom made soo good, mom is in a home, and I just wish to have this, don't know how to spell it correctly, (kimoek) something like that please help me." Found by Colleen.

### Authentic Soft German Pretzels

1 package of Active dry yeast  
1 c Warm water  
2 1/2 To 3 cups all-purpose flour  
2 Tbsp of Salad oil  
1 Tbsp of Sugar  
6 Tbsp of Baking soda in 6 cups water  
Coarse salt (un-ground sea salt works great)

In a bowl, dissolve yeast in water. Add 1 1/2 cups of the flour, the oil, and sugar. Beat for about 3 minutes to make a smooth batter. Gradually stir in enough of the remaining flour to form a soft dough. Turn out onto a floured board and knead until smooth and satiny (about 5 minutes) adding flour as needed to prevent sticking. Place dough in a greased bowl; turn over to grease top. Cover and let rise in a warm place until double (about 1 hour).

Punch down dough, turn out onto a floured board, and divide into 12 pieces. Shape each into a smooth ball by gently kneading. Then roll each into a smooth rope about 18 inches long, and twist into a pretzel shape. Place slightly apart on a greased baking sheet turning loose ends underneath. Let rise, uncovered, in a warm, draft free area until puffy (about 25 minutes).

Meanwhile, in a 3-quart stainless steel or enameled pan (not aluminum) bring soda water to a boil; adjust water to keep water boiling gently. With a slotted spatula, lower 1 pretzel at a time into pan. Let simmer for 10 seconds on each side, then lift from water, drain briefly on spatula, and return to baking sheet. Let dry briefly, then sprinkle with coarse salt and let stand, uncovered, until all have

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simmered.

Bake in a preheated 425 degree oven for 12 to 15 minutes or until golden brown. Transfer to racks; serve warm with butter, mustard or even cream cheese. Or let cool completely, wrap airtight, and freeze. To reheat, place frozen on ungreased baking sheets and bake in a preheated 400 degree oven for about 10 minutes or until hot. Makes 1 dozen pretzels.

Editor's Note: I also found [this website](#) with the history of Pretzels (Brezels) and a translated German recipe.

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