

# Slider Buns (Pretzel)

Moist, Soft, Fluffy, De-Freakin-Licious "Pretzel" Buns

This is a variation of my standard yeast burger bun (recipe on pg's 50-51). However, rather than baking these, we're first going to boil them, then bake them. That quick boil makes a HUGE difference with the texture, once baked. They end up tasting like a soft, doughy, chewy pretzel. Errrr-Ma-Gaaaawd, they are good!

## Serving Info:

Yield: 8 slider buns  
Servings: 8  
Serving Size: 1 bun



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- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

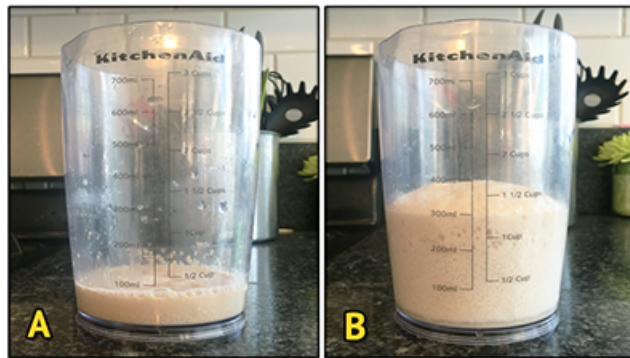
### Egg Dough, Slider Buns

- 1 cup self rising flour
- 3 tsp sugar (2 tsp for yeast/water, 1 tsp in flour)
- 2 tsp active dry yeast (found in the baking/spice aisle)
- 1/4 cup very warm water (around 100 degrees)
- additional water, 3-4 Tbsp for mixing
- Cooking spray (i like butter flavored, but that's just me)
- 1 large egg + 1 tsp water for egg wash (**OPTIONAL**)

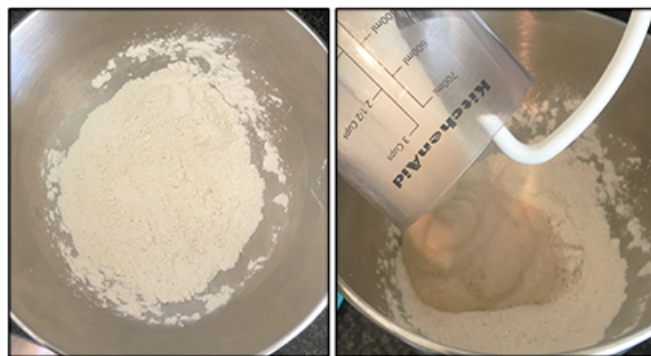
### Water Bath

- big pot o' boiling water (Yup, pre-heat a big pot of water!)
- 1/4 cup baking soda (stir it into the water)

## Directions:



1. Scoop the active dry yeast and 2 teaspoon of sugar, into a tall container or cup. Take 1/4 cup of aaaaalmost hot water, around 100 degrees (ideally you want between 100-110. Too hot and the yeast dies too cold and it won't rise) and pour it into a tall cup, with the yeast. Stir the water gently to mix the ingredients, then allow to sit, untouched, for 10 minutes. It will foam up, a LOT.

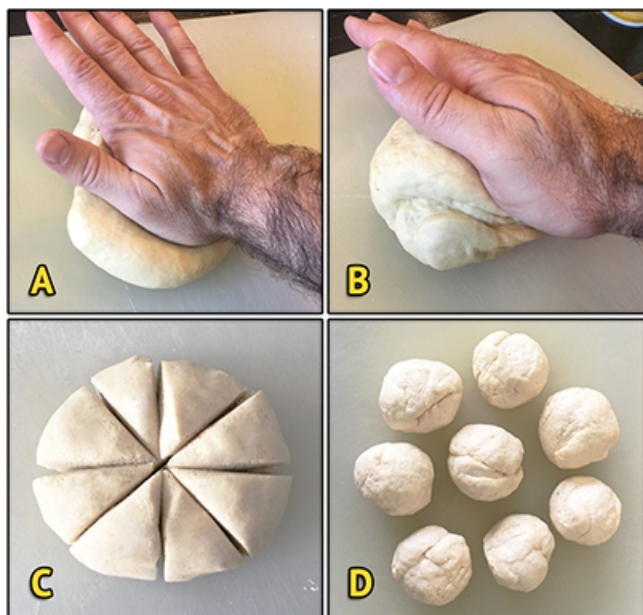


2. Place the flour and remaining 1 teaspoon of sugar into a large mixing bowl. After the yeast has "bloomed" for 10 minutes (pictured in step 1b), pour the yeast water into the flour.

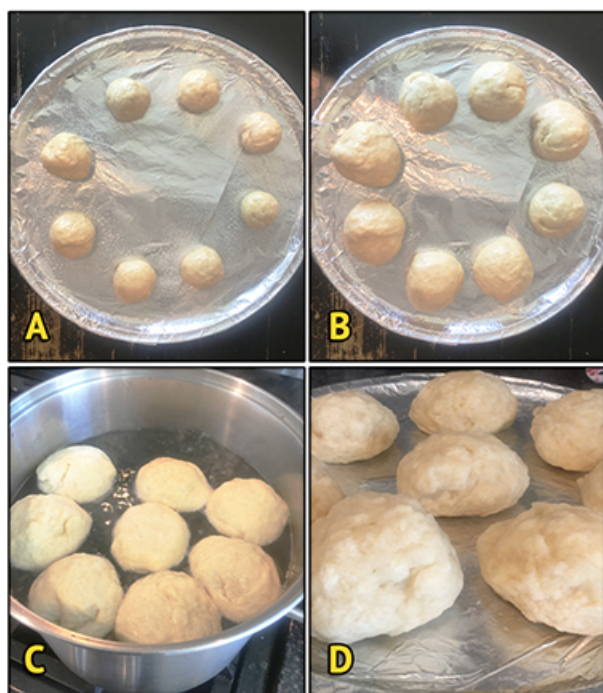


3. Begin mixing the dry and wet ingredients. The mixture will be dry and you'll need to add more warm water. It took me 3-4 additional Tablespoons of water for it all to JUST form a dough ball. You want the dough to require as little extra liquid as possible. Ideally, you want it to end up with the consistency of semi firm clay or 'play-doh'. If it's a little tacky, lightly spray it all with cooking spray, problem solved. Lightly spray a cutting board with cooking spray, then get to work.





5. (A) Push down on the dough with your palm, then (B) fold the dough over and push down again. Repeat the folding process 20 times, then roll the dough back into a large ball. (C) Cut the ball into 8 equal sections, then (D) roll the cut sections into balls. Spray with cooking spray if the dough is tacky.



6. Preheat your oven to 450 degrees, for later.  
 (A) Prep a baking pan with foil and cooking spray. Place the 8 dough balls onto the baking sheet, spaced apart, then gently press down on them, just a little bit, to flatten the tops slightly. Spray them with cooking spray.  
 (B) Turn the heat back up on your pot of water, so it goes back up to a boil. Meanwhile, Let the dough balls rise for **ONLY** 10 minutes. (C) Carefully place all 8 dough balls into the boiling water. Boil for 30 seconds, then flip and boil for another 30 seconds. (D) Remove from the water, with a slotted spoon and return to your baking sheet.



7. Lightly spray the top of each bun with butter flavored cooking spray then bake at 450 degrees for 13-16 minutes, or until the buns are dark brown all around. Done.



*Pictured with my breakfast sausage patties, egg and country gravy*

#### Notes:

- If you are allergic to gluten, you can make this recipe with gluten free flour. Bob's Red Mill has a wide range of Gluten Free flours, that are available in many major supermarkets.
- To make regular sized buns, cut the 1 cup dough balls into three 1/3 dough balls. Let them rise for 15 minutes, rather than 10. Then boil and bake as directed, adjusting points for fewer servings.
- If you want your pretzel buns to have salt on top, sprinkle the tops with coarse kosher salt before they go in the oven.