

Onion & Herb Emborg Cheddar Soft Pretzels



INGREDIENTS:

- 450 g of bread flour
- 1 pack instant yeast
- 250ml water
- 2 tablespoons brown sugar
- 200g Emborg Mild Cheddar
- 1 tbsp. mixed Italian herbs
- 1 small onion
- 1 large egg

METHOD:

1. Mix the water, yeast and brown sugar in a bowl. Leave aside for 5 minutes.
2. In a bowl, sift the flour and mix in a pinch of salt.
3. Combine the yeast mixture to the flour and salt until a dough is formed. Knead for a few minutes. Add more flour or water as required.
4. Add the shredded cheddar cheese, herbs and chopped onion to the mixture. Leave aside for 15 minutes.
5. Preheat the oven at 220°C.
6. Knead the dough for another few minutes. Take a ball of dough and roll in a rope shape about 3cm in width. You should be able to make 6 'ropes' from the entire dough.
7. Shape the rope shaped dough in the form of a pretzel.
8. Beat a large egg and give each pretzel an egg wash.
9. Line a baking sheet with parchment paper and place each pretzel with enough space in between. Bake for 10 minutes or until golden brown.
10. Allow to cool before serving.