
What Geeks Eat...

Hellboy Pretzels

2 cups milk, scalded and then cooled to room temp
3 teaspoons yeast
1 tablespoon salt
2 tablespoons molasses
2 cups of whole wheat white flour
4 cups of white all-purpose flour
1 tablespoon baking soda
3 quart of water

Put the milk, yeast, salt, molasses, and whole wheat white flour in the bowl of your stand mixer and with the paddle attachment mix on medium until well combined, about 2 minutes. Slowly start adding the white flour to the bowl in ½ cup increments. Make sure you've turned the speed down on the mixer otherwise you'll have an incredible mess of flour all over your kitchen. Continue to add the white flour until the dough clears the sides of the bowls. Stop the mixer and scrape the dough off the paddle attachment and fit the mixer with the dough hook attachment. Test the dough to see if it is too sticky, if so add a bit more flour. Run the mixer on low and let it work the dough for 5 minutes or so. Once the dough is smooth remove it from the bowl and let it rest on the counter for 10 - 15 minutes.

Preheat the oven to 425°F.

Divide the dough into 10 to 12 portions, depending on how large you want your pretzels to be. Roll each portion into a snake and then form the pretzel shape by holding each end in a hand and bringing them together at the middle, twisting them together and anchoring them the bottom dough (which is actually the middle of the snake).

Place a pot on the stove over a medium-high flame and fill it with 3 quarts of water. Once it's boiling add the baking soda and then submerge each pretzel in the boiling bath for a count of 10. Remove and place the pretzel on a rack and then transfer it to a parchment lined baking sheet. Sprinkle it with kosher salt. Repeat until all the pretzels have had a bath.

Bake them for 10-15 minutes or until they reach an internal temperature of 210°F.

Remove from the oven and cool on a rack. Feeds two hungry hell-boys.