



Preztel Buns

For the dough:

- 1 ¾ cups warm water
- 2 tbsp unsalted butter
- ¾ tsp salt
- 1 x 600g sachet of Lighthouse Crusty White Vienna Bread Mix
- 2 tsp dried yeast (Included in bread mix or use one of our Lighthouse Yeast + Bread Improver Sachets)

For the water bath:

- 2 litres water
- 1 tbsp salt
- ¼ cup baking soda

For the Topping:

- coarse sea salt
- seeds of your choice

Place bread mix and yeast in a large bowl. Add lukewarm water and mix with a fork to form a dough, mix further with hands to bring dough together.

Turn the dough out onto a well-floured surface, knead for 8-10 minutes (applying extra flour to prevent the dough sticking) until the dough is soft and elastic.

Place dough into a lightly greased bowl, cover with a clean damp cloth then leave in a warm place until dough doubles in volume (approx. 45 mins). Alternatively, the dough can be made using the bread and pizza dough setting on your bread machine. Follow the instructions on your bread machine manual to replace steps 1-3

Gently deflate the dough, and transfer it to a lightly greased work surface.

Divide the dough into 10 pieces and shape each piece into a smooth ball.

Place the balls on a lightly greased baking sheet, cover, and let rest for 15 minutes.

Preheat the oven to 200°C and prepare the water bath: Bring the water, salt, and baking soda to a boil in a large pot.

Drop 5 dough balls at a time into the water bath. Boil for 30 seconds, flip over, and boil for 30 seconds longer. Using a slotted spoon, return the buns to the baking sheet.

Using scissors or a sharp knife, cut 1-2 cm deep crosses into the centre of each bun. Sprinkle with coarse sea salt and/or seeds.

Bake the buns for 20 to 24 minutes, or until they're a dark brown. Remove them from the oven, and transfer to a rack to cool.