



Rainbow pretzels

40'
Hands on

4 hours'
Hands off

12'
Cook Time

14-16
Portion(s)

2
Difficulty



Method

For the sourdough

- In a bowl, add the water, flour, yeast, and mix with a whisk, until it has a porridge-like texture.
- Cover with plastic wrap and leave it at room temperature for 3 hours.

For the dough

- In a mixer's bowl, add the prepared sourdough, flour, sugar, salt, and beat with the hook attachment at medium speed, for 20 minutes.
- Remove from the mixer, divide the dough into 4 equal pieces, and place them into 4 bowls.
- Add ½ teaspoon [food coloring paste](#) in each piece and knead very well with your hands, until the whole color is absorbed.
- Cover them with a towel and let them rise for 30 minutes.
- Then, combine all dough pieces and shape them into a roll.
- [Cut](#) into 15 pieces (60 g each) and roll out a 50 cm wand. Fold in the shape of a pretzel, place them in a [baking pan](#), and cover with a towel. Let them rise for 20 minutes.

To assemble

- Preheat the oven to 180° C (356° F) set to fan.
- Place a [saucepan](#) over high heat. Add the water, sugar, baking soda, and let the mixture boil.
- Add the pretzels inside, in batches, for 1 minute. Every 30", flip them over.
- Remove and set on a rack, so to get rid of the excess moisture.
- In a bowl, add the white and black sesame seeds, fleur de sel, garlic, and mix.
- Brush with olive oil, sprinkle with the sesame mixture, and bake for 12 minutes.
- Remove and serve.

Tip

Do not bake them at a very high temperature as they will lose their color.

Ingredients

For the sourdough

- 350 g water
- 250 g hard flour
- 6 g yeast

For the dough

- 400 g hard flour
- 20 g granulated sugar
- 10 g salt
- 1/2 teaspoon(s) [green food coloring paste](#)
- 1/2 teaspoon(s) [blue food coloring paste](#)
- 1/2 teaspoon(s) [yellow food coloring paste](#)
- 1/2 teaspoon(s) [red food coloring paste](#)

To assemble

- 2 1/2 liters water
- 20 g granulated sugar
- 7 g baking soda
- 50 g olive oil
- 10 g sesame seeds, black
- 10 g sesame seeds, white
- 10 g fleur de sel
- 1/3 teaspoon(s) garlic, ground

Διατροφικός πίνακας

Nutrition information per portion

192 Calories (kcal)	4.3 Total Fat (g)	0.7 Saturated Fat (g)	32.0 Total Carbs (g)
10%	6%	4%	12%
3.0 Sugars (g)	5.5 Protein (g)	1.5 Fibre (g)	1.7 Sodium (g)
3%	11%	6%	28%