

GERMAN FOOD GUIDE

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Laugenstangen (Laugen Sticks/Long-Rolls)

Number of Servings: 10

For safety purposes, our pretzel recipes use Baking Soda in place of the "Natronlauge", which, if not used properly, can be very dangerous.

Ingredients

For the Dough:

- 4 3/4 cups Bread Flour
- 1 package dry yeast
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup luke warm water
- 1 1/2 ounces butter, softened

For the Soda Water:

- 4 cups water
- 1 tablespoon salt
- 1 tablespoon baking soda

For the Topping:

- 2 tablespoons coarse salt

Instructions

Create a "starter" by mixing water, yeast, sugar, and 3-4 tablespoons of flour. The consistency of the Starter should be like a watery pancake batter. Let sit for 15 minutes. Small bubbles should begin to form. This shows that the yeast is alive.

To the Starter, add the remaining flour, salt, and butter. Knead until dough is smooth and soft. If dough is too dry, add a little bit more liquid. Likewise, if dough is too sticky, add a little bit more flour.

Let dough rest, covered and in a warm place, until it is double in size.

Knead dough one more time to remove all air bubbles that formed during the rising period. Divide dough into 10 equal pieces and form 10 elongated rolls. Let rolls rest for 15 minutes.

While the rolls are resting, prepare the soda water. Do this by combining the baking soda, water, and salt in a wide pot. Bring to a boil, then remove from heat.

Allow each roll to soak in the hot soda water for no longer than 60 seconds.

Remove each roll and place on a baking sheet. Sprinkle with coarse salt. Bake for approximately 30 minutes in a 400°F (200°C) oven.

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