

Bretzels

To Make...

10 bretzels of around 80g each

What Goes In It...

Dough

500g strong flour
50g rye flour
5g dry yeast
5g salt
250ml cold water

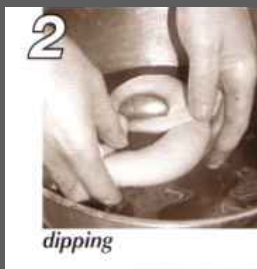
20g butter

Dipping solution

Caustic soda solution (less than 5% strength) – available from wholesale suppliers or La Rose Noire head office.



rolling & folding



dipping



salting

Why...

I have been making the specialty ever since I arrived in Hong Kong. They became more popular after the Executive Chef at the then Hongkong Hotel, Urs Besmer, asked me to supply their famous Oktoberfest with this freshly baked rock salt pretzel. Even though we make many each year they are still made by hand, under the supervision of Manfred, my overnight chief baker. The typical colour and texture comes from a very unusual dipping process. Have your chemistry certificate ready!

How I Do It...

*Mix all ingredients (excluding the butter) for 5 minutes at slow speed and 5 minutes at fast speed (the dough will have a hard consistency).

Add the butter and mix for 1 minute at fast speed.

Divide into 10 pieces and rest for 15 minutes before rolling out and folding (pic 1).

*Prove and cool in the freezer for 10 minutes. The cold pretzels are easier to dip.

Wearing protective gloves, dip the cold pretzels into the caustic soda solution (pic 2).

Place onto a tray, cut, sprinkle with rock salt (pic 3).

*Bake for 15 minutes at 180°C (no steam required).

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