Super Bowl Cheesy Pretzel Poppers
(Makes 36)

Recipe courtesy of The Slow Roasted Italian

2 ¼ teaspoons active dry yeast
1 ¼ cups warm water (110°-120°)
2 tablespoons granulated sugar
3 ¼ cups all-purpose flour
1 pound block mild cheddar cheese
1 teaspoon kosher salt
½ cup baking soda
1 large egg
Course salt

These cheesy pretzel bites are made the way that soft pretzels and bagels are made ... by boiling the dough first and then baking them. They will be a big hit at your Super Bowl party.

Preheat oven to 450°. Lightly oil a cookie sheet.

Dissolve yeast in warm water and allow to sit for 10 minutes.

Cut your block of cheese into 36 even pieces, less than ½ ounce each.

1. How do you think that you will most easily slice up your cheese to make the pieces pretty equal in size?

Fill an 8-quart pot with water and bring to a boil over medium high heat.

In a small bowl, beat egg and 2 tablespoons water with a fork. This mixture will be painted on each pretzel bite to give it shine and help the sprinkle of salt adhere to your pretzels as they bake. Set the mixture aside.

Sprinkle a clean countertop with ¼ cup flour.

Add flour and salt to your bowl with the yeast mixture. Knead for 3 - 5 minutes until the dough comes together in one ball. Add more flour a tablespoon at a time as needed, if bread is too sticky to come together. Dough should be tacky when you pull it out of the mixing bowl but not sticky.

Place dough on floured countertop and knead in flour until it is no longer tacky, just a minute or two.

Form dough into a ball. We are going to cut this ball into smaller pieces. First quarter the ball of dough.

2. How many hunks of dough will you now have?

Roll each quarter into a fat log. Cut each log into 3 pieces.

3. Now how many pieces will you have?

Roll each piece into a second log and cut into 3 pieces.

4. How many pieces now?

5. Each of your pieces is what fraction of the whole recipe?
Roll each dough piece into a ball and then flatten it into a circle. Add a piece of cheese in the center. Carefully pull each side over the cheese to create a ‘cheese package’ then roll the dough back into a ball being careful to not expose any of the cheese that is inside.

Carefully, a little at a time, add baking soda to boiling water. Be careful, the solution will bubble up. Place dough balls into the boiling water a few at a time. Remove with a slotted spoon after 30 seconds and place on parchment paper to cool.

Arrange all of the boiled pretzel balls on parchment on a cookie sheet so they are not touching. Brush egg wash onto each one and sprinkle with course salt.

Bake for 8 -10 minutes until the tops are browned.

6. If this recipe makes 36 pretzel poppers about how many people do you think it will feed at your Super Bowl party?

7. If you had to bring these excellent poppers to someone else’s party where there would be somewhere around 25 people attending, how many poppers would you need and how many times should you increase this recipe?

8. Fill in the chart below with the quantities of ingredients that you believe that you will need for this larger group?

<table>
<thead>
<tr>
<th></th>
<th>Quantity for original size recipe</th>
<th>Quantities required for 25 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active dry yeast</td>
<td>2½ tsp.</td>
<td></td>
</tr>
<tr>
<td>Warm water</td>
<td>1¼ cps</td>
<td></td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>2 Tabs</td>
<td></td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>3¼ cps</td>
<td></td>
</tr>
<tr>
<td>Mild cheddar cheese</td>
<td>1 lb.</td>
<td></td>
</tr>
<tr>
<td>Kosher salt</td>
<td>1 tsp.</td>
<td></td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ cp.</td>
<td></td>
</tr>
<tr>
<td>Large egg</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>


Brought to you by YummyMath.com