

Ingredients

3/4 cup + 2 tablespoons Expandex[®] Modified Tapioca Starch

1/4 cup White Rice Flour

2 tablespoons + 2 teaspoons Potato Starch

2 tablespoons + 1 teaspoon Potato Flour

1/2 teaspoon Xanthan Gum

1/2 teaspoon Salt

1 package Active Dry Yeast

1 teaspoon Sugar

1/3 cup Water (110°F)

1 tablespoon Light Corn Syrup

1 Egg, whole

Yields 3 to 6 traditionally shaped pretzels or 30 small, bite-size pretzels



Gluten-Free* Soft Pretzels

expandex®
MODIFIED TAPIOCA STARCH

Procedure

1. Preheat oven to 375 degrees Fahrenheit.
2. Mix Expandex®, rice flour, potato starch, potato flour and xanthan gum in a bowl and set aside.
3. In a mixing bowl, measure salt, sugar, water (110°F) and yeast. Let stand for 5 minutes.
4. Add half of the dry mix into the wet mixture. Add eggs and corn syrup and mix on low speed for one minute or until well blended.
5. Add the remainder of the dry mixture and blend for one minute or until completely homogenous. If dough is dry, add ½ – 1 teaspoon water.
6. Grease the bottom of another bowl and roll dough mass until coated. Cover with damp cloth and proof for 30 minutes in a warm place.
7. 5 minutes before proofing is complete, prepare soda bath by adding ⅔ cup of baking soda to 10 cups of water and allow to boil. Stir until dissolved.
8. Gently roll dough to approximately ¾ inch diameter thickness and shape as desired.
9. Gently submerge pretzels into boiling soda water bath for 25 seconds, drain and place on a greased cookie sheet.
10. Brush pretzels with melted butter and top with coarse salt. Bake for 10 to 15 minutes or until golden brown. Do not over bake.

