

Pennsylvania Dutch Pretzel Slider Buns Gloria Piantek, West Lafayette, Indiana

Ingredients

1 (1/4 ounce) package Fleischmann's® Active Dry Yeast
1/4 cup warm water (100° - 110°F)
1/2 cup soft silken tofu, well drained, room temperature
2 tablespoons dark corn syrup
1 large egg
1/4 cup finely shredded sharp Cheddar cheese
1/2 cup King Arthur Unbleached White Whole Wheat Flour
1 1/2-1 3/4 cups King Arthur Unbleached Bread Flour, divided
1/2 teaspoon dry mustard
1 teaspoon ready-to-serve minced garlic
1/2 teaspoon salt
2 tablespoons dry minced onion
3 cups water
3 tablespoons baking soda
1/4 teaspoon poppy seeds, optional
1/2 teaspoon coarse salt or pretzel salt, optional



Prep Time: 1 hour
Bake Time: 16 minutes
Yield: Makes 12 buns

Nutrition Information

One bun provides approximately 128 calories; 5 g protein; 22 g carbohydrates; 1 g dietary fiber; 2 g fat (1 g saturated); 20 mg cholesterol; 37 mcg folate; 1 mg iron and 128 mg sodium.



Directions

1. In measuring cup, sprinkle yeast in warm water; stir until dissolved. Set aside 10 minutes.
2. In large mixer bowl, beat tofu until smooth; beat in corn syrup. Mix in yeast mixture; beat in egg and cheese. Stir in whole wheat flour and 1/2 cup bread flour; beat 2 minutes on medium speed. Beat in dry mustard, garlic, salt and onion. Gradually mix in enough remaining bread flour to make a soft dough. Knead 4 to 5 minutes with dough hook. Place in greased bowl, turning to grease top. Cover; let rise in warm place until double, 30 to 45 minutes.
3. Divide dough into 12 equal pieces. Shape each piece into a smooth ball; lightly flatten tops until about 2 inches wide.
4. Place on greased baking sheet about 2 inches apart. With scissors, make 6 (1/2-inch deep) cuts around the edge of each bun. Cover; let rise in warm place about 30 minutes. Preheat oven to 400°F.
5. In large saucepan, bring 3 cups water and baking soda to a boil. Using a slotted spoon or two spatulas, gently place one bun at a time in water. Spoon water over the top of buns. Drain buns well; return to greased baking sheet. If desired, sprinkle with poppy seeds and salt.
6. Bake 13 to 16 minutes until rich golden brown. Transfer to cooling rack. Slice buns and use for mini slider sandwiches.