

Heart Pretzels with Nacho Cheese Sauce

Ingredients:

- Macphie Super Dough 0.325kg
- Strong Flour 1.000kg
- Yeast 0.075kg
- Water 0.500kg
- Bicarbonate of Soda 0.120kg
- Water 2.000kg
- Flaky Sea Salt
- Parsley
- Macphie Nacho Cheese Sauce



Method:

1. Add Superdough, yeast, flour and water to spiral mixer. Mix for 3 minutes on slow speed and 8-10 minutes on fast speed.
2. Divide dough into 50g pieces and allow to rest for 10 minutes.
3. Process into heart shapes. Roll dough into a long string, twirl edges together and fold into the center. Pinch together the bottom to create a more distinct heart shape.
4. Proof for 10-15 minutes. While proving, add bicarbonate to 2 liters of water and bring to the boil.
5. Two at a time, lower the pretzels into the boiling water and boil for 20-30 seconds. Lift out of the water, letting excess water drip off.
6. Transfer to a lined baking sheet, sprinkle with parsley and flaky sea salt
7. Bake at 180 for 30 minutes.
8. Heat Nacho Cheese Sauce in the microwave or on the hob, and transfer to serving dish
9. Serve both while warm.