

# Resources Exist For Those Bakers Who “Knead” Help

(NAPSA)—If you are trying to navigate the path from novice to master baker, you can take your inspiration from the pretzel. This nourishing nosh, with its twists and turns, its ups and downs, can be seen as a metaphor for the process that creates a seasoned home baker.

While each baker brings a pinch of their own personality to the process, there are certain questions and first-time errors that are common to the learning curve, particularly when it comes to dealing with yeast.

Here are a few of the most common mistakes:

- Dough that rises to more than double its size will collapse during baking. If the dough has been allowed to rise that much, punch it down and let it rise again. But make sure it doesn't rise more than double its volume.

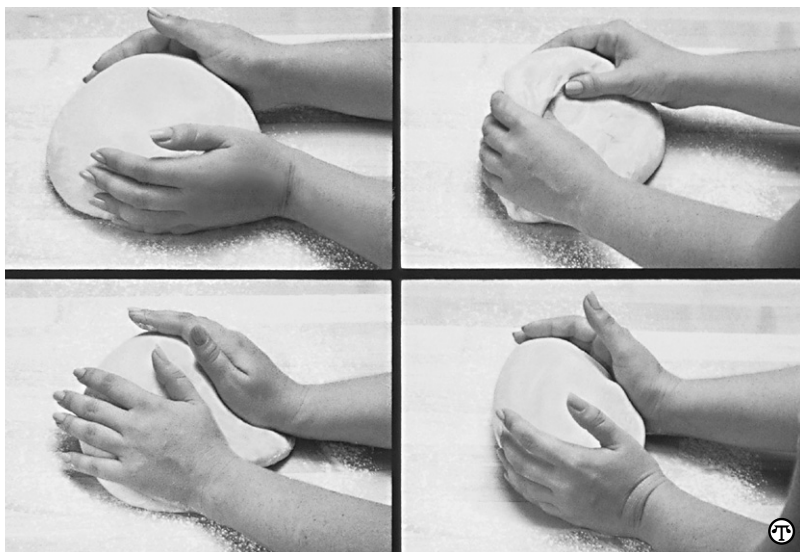
- If dough doesn't hold its shape, it may mean it's been over-handled. The solution is to form the dough into a ball, cover it with plastic wrap sprayed with cooking spray and let it rest for 10 minutes.

- Timing is everything, especially when baking. For example, what do you do if your dough is in the process of rising and you suddenly have to leave the house to run an errand?

Punch the dough down, place it in a greased bowl covered with plastic wrap or in a greased freezer bag. Refrigerate and resume within a few hours.

These and other tips are available on the Fleischmann's Yeast Web site, [breadworld.com](http://breadworld.com).

The site offers recipes and baking tips, along with a frequently asked questions (FAQ) section. As an alternative, there is a toll-free telephone number, 1-800-777-4959, that bakers can call with questions. To help with holiday baking, the “helpline” will extend its hours of operation from 6:00 a.m. to



**When kneading dough, flour work surface. Form dough into ball; flatten slightly and fold the dough toward you. Use the heels of your hands to firmly push the dough away. Pick up the far edge of the dough and fold it towards you, turning as you go. Vigorously repeat the process until smooth.**

10:00 p.m., CDST, everyday.

For an added twist, here's a recipe for baking a one-of-a-kind pretzel.

## SOFT TWISTED PRETZELS

- 3 to 3½ cups all purpose flour**
- 2 tablespoons sugar**
- 1 envelope Fleischmann's RapidRise Yeast**
- ½ teaspoon salt**
- 1 cup very warm water (120° to 130°F)**
- 1 tablespoon butter or margarine, softened**
- 1 cup shredded Cheddar cheese**
- ½ cup cooked and crumbled bacon**
- 1 egg yolk**
- 1 tablespoon water**
- Coarse salt**

**In a large bowl, combine 1 cup flour, sugar, undissolved yeast and salt. Gradually add**

**1 cup water and butter to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in cheese, bacon and enough remaining flour to make a soft dough. Knead on lightly floured surface (see photograph) until smooth and elastic, about 8 minutes. Cover, let rest 10 minutes.**

**Uncover dough, divide into 12 equal pieces. Roll each piece to 20-inch rope. Curve ends of each rope to make a circle; cross ends at top. Twist ends once and lay over bottom of circle. Moisten and press ends down lightly. Place on greased baking sheet. Let rest 10 minutes.**

**Combine egg yolk and 1 tablespoon water; brush pretzels with egg yolk mixture. Sprinkle with coarse salt. Bake at 375°F for 15 to 20 minutes or until done. Remove from sheet. Serve warm.**



*Note: The Fleischmann's Yeast Holiday Helpline will be helping bakers, pros and novices alike, with extended hours from November 16 through December 31. The extended hours are from 6:00 a.m. to 10:00 p.m., Central Daylight Savings Time. It's also possible to ask the Fleischmann's Yeast experts a question by e-mail. Visit [www.breadworld.com/talk/feedback.asp](http://www.breadworld.com/talk/feedback.asp) for a link to the e-mail address.*