

# Pretzel Sticks + Fig Balsamic Mustard

WITH SOLA STELLA EVOO & FIG BALSAMIC



## Ingredients

### Soft Pretzel Sticks:

- 3 cups all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 1/4 teaspoons active dry yeast (1 packet)
- 1 cup warm water
- 1/4 cup Sola Stella EVOO
- 1/2 cup baking soda
- 1 egg, beaten
- Coarse salt

### Fig Balsamic Mustard Dip:

- 1/2 cup Dijon mustard
- 2 tablespoons Sola Stella EVOO
- 1/4 cup Fig Balsamic Vinegar
- 3 tablespoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



## Notes

## Directions

1. In a large mixing bowl, combine the flour, sugar, salt, and yeast. Mix well.
2. In a separate bowl, combine the warm water and olive oil. Gradually add the water and oil mixture to the flour mixture, stirring until a dough forms.
3. Knead the dough on a floured surface for about 5 minutes.
4. Place the dough in a greased bowl, cover it with a clean towel, and let it rise in a warm place for about 1 hour.
5. While it's rising, make your fig balsamic mustard dip.
6. In a small bowl, whisk together the Dijon mustard, olive oil, fig balsamic vinegar, honey, salt, and black pepper until well combined. Cover the bowl with plastic wrap and refrigerate the dip for at least 30 minutes to allow the flavors to meld together.
7. Preheat your oven to 450°F.
8. In a large pot, bring 2 quarts of water to a boil. Add the baking soda.
9. Divide the dough into 12 equal parts. Roll each part into a long, thin rope (about 12 inches long and 1/2 inch thick). Cut each rope into 2 equal parts to make 24 pretzel sticks (or leave larger and make 12).
10. Carefully drop the pretzel sticks into the boiling water for about 30 seconds. Remove with a slotted spoon and place on a greased baking sheet.
11. Brush each pretzel stick with the beaten egg and sprinkle with coarse salt.
12. Bake the pretzel sticks for 12-15 minutes or until golden brown.