

CHEESY TWISTS

You'll need: Auntie Anne's Baking Kit • 1¼ cups milk • 2 cups shredded cheddar cheese • ½ teaspoon cayenne pepper • 6 tablespoons softened butter • Nonstick spray

DOUGH PREPARATION (1 DOUGH MIX)

NOTE: Reserve baking soda packet for Step 7. DO NOT ADD BAKING SODA TO THE DOUGH MIX. Read all instructions before proceeding.

1. Warm 1¼ cups milk to 105°F in the microwave.
2. In a large bowl, dissolve contents of the yeast packet into lukewarm milk (105°F). Let sit about 2 minutes. Milk temperature must not exceed 115°F.
3. Add 1 dough mix to yeast/milk mixture along with 1½ cups of shredded cheddar cheese, ½ teaspoon cayenne pepper and 2 tablespoons softened butter. Using a rubber spatula (or your hands), mix until dough ball forms.
4. Turn dough ball onto lightly floured surface and knead until soft, slightly sticky dough is formed (approximately 5-7 minutes). Add a small amount of flour if dough is too sticky.
5. Place dough ball into a large bowl that has been coated with nonstick spray. Coat a sheet of plastic wrap with nonstick spray and place on top of dough ball, tucking sides down around dough (to prevent dough from drying out). Place bowl in a warm spot (85-90°F) for 30 minutes so the dough can rest (i.e.: place bowl by a sunny window, on top of or near a warm oven, or on top of a refrigerator).

IF USING AN ELECTRIC MIXER: Follow steps 1 and 2, combining yeast and water directly into a large mixing bowl. Add dough mix 1½ cups of shredded cheddar cheese, ½ teaspoon cayenne pepper and 2 tablespoons softened butter to bowl with yeast/water mixture. Using an electric mixer fitted with a dough hook attachment, turn on low speed for 1 minute to allow dough mix to incorporate into the yeast/water mixture. Increase speed to medium low and continue mixing for an additional 4 minutes. Dough should form a soft, smooth, and slightly sticky ball. Continue to step 5 above.



CHEESY TWISTS BAKING INSTRUCTIONS

1. Preheat oven to 350°F.
2. After dough has risen for 30 minutes, spray an area of the counter with nonstick spray and turn the risen dough out onto that portion of the counter. **Do not spray or flour the area where you will roll the dough.**
3. Cut strips of dough that measure 1½" wide by 8" long.
4. Pull dough strip to stretch it out. Start in the middle and move your hands outward while pulling, stretching and rolling the dough strip. Roll each piece into a rope ½" wide by 36" long (about the thickness of your finger). Do not over-roll the dough strip.



5. Cut the 36" strip of dough into 6 equal portions (approximately 6" each)
6. Pick up one of the cut sections of dough. Place both ends in one hand and the loop in the other hand and twist the loop of dough. Lay twists on the counter and repeat until all sections are twisted (yield 40-50).
7. In a medium bowl, dissolve 1 baking soda packet in 4 cups of very hot water (150°F). Stir until nearly dissolved.
8. Lightly coat baking tray with nonstick spray.
9. Pick up each twist and quickly dip into the baking soda solution. Place twist on towel to drain off excess solution, then place on coated tray. Repeat this until the tray is full.
10. Sprinkle with pretzel salt if desired.
11. Place the remaining ½ cup of shredded cheddar cheese on a large plate. Pick up each twist and press the top into the shredded cheddar cheese. Apply slight pressure to adhere the cheese. **Do not put cheese on the bottom of the twist as this will result in burned bottoms.** Place Cheesy Twists on the tray with the cheese side up.
12. Bake one tray at a time on the center rack for 12-15 minutes or until golden brown. Rotate the tray halfway through the baking time if needed.
13. Optional: melt 4 tablespoons of butter. After baking the Cheesy Twists and before they cool, brush butter over the top. **EAT AND ENJOY!**

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