

## AUDIT SURVEILLANCE STANDARD

**ASS**  
**AMEC-0001**

Rev A

Issued 01/28/2008

**BOBCAP UNIVERSAL ACCREDITATION**

### Audit Criteria - Pretzels, History and the Making of

	<u>Pass</u>	<u>Fail</u>
1.0 Quality System – Is there a documented process ? <sup>(1)</sup>	[✓]	[ ]
2.0 Materials <sup>(1)</sup>		
2.1.1 Pretzel Dough meets specification	[✓]	[ ]
2.1.2 Pretzel Salt is chloride-based	[✓]	[ ]
2.1.3 Calibrated Furnace, traceable to NIST	[✓]	[ ]
2.1.4 Beverages	[✓]	[ ]
2.1.5 Music/Entertainment	[✓]	[ ]
2.1.6 Ambiance	[✓]	[ ]
2.1.7 Safety Equipment	[✓]	[ ]
3.0 Operator Training <sup>(1)</sup>		
3.1.1 Training Program	[✓]	[ ]
3.1.2 Competence – Does anyone seem to know what they are doing ?	[✓]	[ ]
4.0 Results (1)		
4.1.1 Tasty ?	[✓]	[ ]
4.1.2 Edible ?	[✓]	[ ]
4.1.3 Health Hazard ?	[✓]	[ ]
4.1.4 Socialization Objectives Accomplished ?	[✓]	[ ]

<sup>(1)</sup> Don't ever consider questioning the judgment of the Bobcap Management Council. All judgments of the Bobcap auditor are final, unless persuaded otherwise.

*Bob*

*In accordance with SAE Aerospace Standard AS7003, to the revision in effect at the time of the audit, this certificate is granted by the authority of the Bobcap Management Council to:*

## **Jack & John's Pretzel Palace**

*1201 Forest Lodge*

*Asilomar*

*They have demonstrated conformance and are awarded accreditation for specific services, listed in the Scope of Accreditation to the revision in effect at the time of the audit for*

**AMEC-0001, Pretzels, History and Making of**

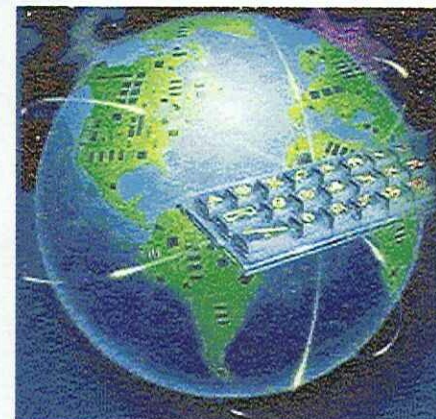
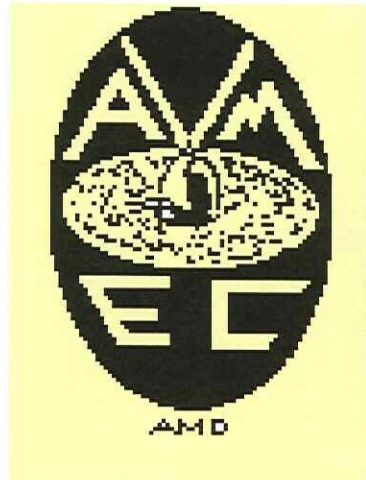
Expiration Date: January 29, 2009

Certificate No. 000001

Issued January 31, 2008

*Bob*

Bobcap Managing Director



Bobcap Universal Accreditation



**Pretzels, History and the Making of**

RATIONALE

*This document was created to preserve and share an AMEC tradition.*

**PRETZELS**

**Pretzel Dough**

1. Crumble two cakes of yeast into two separate cups. Add one teaspoon sugar to each cup. Set aside until liquid. OR may use two packages of active dry yeast and omit the sugar.
2. Meanwhile, scald: 3 cups of milk  
add: ½ cup oil  
1 1/3 cups sugar  
2 Tablespoons salt
3. Cool #2 with three cups cold water.
4. Divide mixture into two large mixing bowls. Add yeast to each half of the mixture.
5. Add BREAD flour 3 cups at a time to each bowl, up to about 10 cups. Knead dough until smooth, about 10 to 15 minutes. Put dough into a clean mixing bowl, coat with a little oil and cover with a clean towel. Let dough raise in a warm place about 2 hours. OR cover with plastic wrap and refrigerate over night, then bring to room temperature.

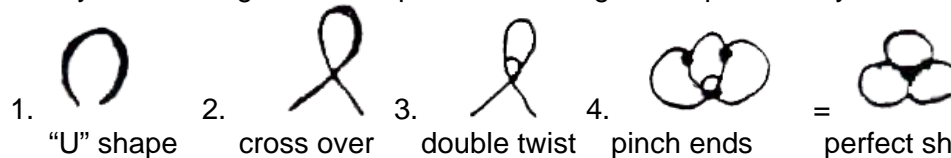
**Lye Bath**

1. Boil a handful of dry, brown onion skins with 3 or 4 cups of water (this adds color). When water is quite dark, strain out onion skins. Put the onion water into a cast iron or porcelain kettle (the lye will attack and harm other materials) – a 14” cast iron skillet will work. The deeper the pan the better for this operation.
2. Add enough water to the kettle to equal 1 gallon.  
add: 2 Tablespoons lye (for flavor and to firm the dough)  
2 Tablespoons oil  
1 Tablespoon salt

Bring this mixture to a boil when pretzels are shaped.

3. After pretzels are shaped, gently slide 3 or 4 at a time into the lye bath. Be careful not to splash the liquid, as it could irritate the skin and/or stain the stove.
4. Using a slotted spoon, keep the pretzels from sticking to the bottom of the kettle or skillet. When the pretzels float to the top of the liquid, drain with slotted spoon and place on metal, well-greased baking sheets. Optional-use parchment paper (The lye will stain the metal – DO NOT USE TEFLON.)
5. Sprinkle coarse salt (Kosher pickling salt or pretzel salt) on pretzels and bake in a 450 degree oven for 10-15 minutes until medium to dark brown.
6. Remove immediately from baking sheet and place on cooling rack. Option-add yellow mustard **ENJOY!!**

**Shaping Pretzels:**



Take a piece of dough about 1 inch in diameter (size and shape of a walnut or large marshmallow). Roll on counter or between hands until pencil thin, working from the middle to the ends. Twist, being sure to pinch the ends so they do not come loose in the lye bath.

**Yield:**                      Approximately 100 pretzels  
Pretzels may be frozen after baking, and then thawed in a hot oven.

## Ingredients and equipment

- [ ] Two packages of dry yeast
  - [ ] 3 cups milk
  - [ ] ½ cup oil
  - [ ] 2 Tablespoons oil
  - [ ] 1 1/3 cups sugar
  - [ ] 2 Tablespoons salt
  - [ ] 1 Tablespoon salt
  - [ ] 20 cups BREAD flour
  - [ ] Handful dry onion skins (brown color)
  - [ ] 2 Tablespoons Lye (hardware store Draino)
  - [ ] Kosher salt
  - [ ] Yellow mustard
- 
- [ ] 2 very large mixing bowls (plastic cake savers work nice)
  - [ ] Large cast iron skillet
  - [ ] 4 cookie sheets
  - [ ] Roll of parchment paper
  - [ ] Slotted spoon
  - [ ] 4 cooling racks
  -

## HISTORY OF THE PRETZEL

I. The **Pretiola**, Latin for “little reward”, or more common to the western world as the American pretzel, has a very interesting background. The history of the pretzel dates back to the 7<sup>th</sup> century and was the creation of a monastery monk. Researchers say that it first originated in Italy, where an ancient manuscript describing the *pretiola* is found on display at the Vatican.

The monk used scraps of dough left over from the baking of bread and fashioned them into shapes to represent the arms of little children as they appeared crossed in prayer. The three holes within the *pretiola* or pretzel, represent the Father, Son and the Holy Spirit. The monk used this “little reward” as a treat for children who studied their catechisms and became well versed in their prayers.

Eventually the *pretiola* found its way across the Alps into Austria and Germany, where in the process of common use, the name was shortened and changed to **bretzel**. From Germany came the Pennsylvania Dutch pretzel.

The odd shapes and sizes of pretzels found in the United States make them an interesting tidbit, but even more interesting is the fact that although the pretzel is a flat cracker type dough, the American people consume about 18 million pounds each year.

*From St. John United Church of Christ of Woodland newsletter*

II. Perhaps the easiest, and at the same time most significant, Lenten food custom might be to serve a small pretzel to every member of the family with their main meal during Lent. It sounds surprising, but the pretzel has a deep spiritual meaning. It was, in fact, the ancient Christian Lenten bread as far back as the fifth century. To remind people that Lent was a time of prayer, the bread was shaped in the form of arms crossed in prayer (arms were crossed over the bread while praying). Therefore the breads were called “little arms” or **bracellae**. From this Latin word the Germans later coined the term “**pretzel**”.

Thus the pretzel is the most appropriate food symbol for Lent. Pretzels still show the form of arms crossed in prayer. The dough consists of only water and flour, thus proclaiming Lent as a time for fasting. In many places in Europe, pretzels are served only from Ash Wednesday to Easter Sunday. This custom comes down to us from the early Christians who it invented it as a bearer of a great spiritual message.

*From Holy Cross newsletter*

III. **Pretzel** is a type of German biscuit. It is brittle and twisted, with a glazed, salted surface. *Pretzel* comes from the Latin word *pretiola*, meaning a small reward. The pretzel was first made by monks in southern Europe as a reward for children who learned their prayers. It was shaped to represent the crossed arms of a child praying. The first commercial pretzel bakery in the United States opened in Lititz, Pennsylvania, in 1861.

*From The World Book Encyclopedia, 1986 edition*

IV. This particular recipe comes from the great-aunt of Paul Sloan, former principal at Navarre School in South Bend, Indiana. He used this as a lesson with the eighth grade home economics students during the years of 1969-1974. It was his way to interact with students apart from his regular duties as principal. Principal and students thoroughly enjoyed this change of roles.

*Compiled by Carol Thie Champaigne, Home Economics teacher*

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