



KidsPlay Chefs

Recipe: Robot Pretzels

Book: Pete the Cat Robo Pete

by James Dean

You will need:

1 gallon-size zip top plastic bag
1½ cups of water (130°F)
1 tablespoon of rapid rise yeast (active dry or instant yeast works well)
1 teaspoon of salt

1 tablespoon of sugar
3¾ to 4 cups of flour
1 egg, beaten with a little water
coarse sea salt for sprinkling (optional)

Steps:

Preheat the oven to 425 degrees.

In a gallon zippered plastic bag, add the warm water and yeast. Seal the bag and squish and shake it.

Add the sugar and salt to the bag. Seal the bag up again, and shake it some more.

Add 2 cups of the flour into the bag. Seal it and knead with your fingers.

Add the remaining flour to the bag a little at a time. Seal the bag and squeeze and mix until the dough doesn't stick to the sides of the bag.

Turn the dough out onto a floured surface. Knead the dough for about 3 minutes until it is smooth and elastic. Form the dough into a ball and cover it with a tea towel or plastic wrap. Let the dough rest for 10 minutes.

Put a little flour on a flat surface and a little oil on your hands. Put a small ball of dough onto the surface and roll it into a long rope. Use pieces of the rope to form your robot's arms, legs, head, and body. Build your robot on a lightly oiled cookie sheet.

Brush the robot with the egg mixture and sprinkle the salt on top.

Let the pretzel rest until it doubles in size, and then bake for 12-15 minutes. Ask a grown up to turn the oven to broil for the last 5 minutes to get the tops nice and brown.

Enjoy the story *Pete the Cat Robo Pete* by James Dean while your pretzel bakes.



DID YOU KNOW?

Vocabulary Builders

Kneading dough means to flatten, fold, push and pull it.

Yeast is a single-cell organism that needs food, warmth, and moisture to thrive. It converts sugar and starch into carbon dioxide, which makes baked goods rise.

Leavening is a substance used in dough or batter to make it rise. Air, steam, yeast, baking powder, and baking soda are leavening agents.

To **seal** something is to close it tightly so that no substances can get in or out.

Try this recipe at home.
Have fun sharing with your family!