

Healthier Holiday Treats

Fall 2018

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Soft Pretzels

Vegetarian, can be vegan. Allergens: wheat, egg

Serves 8

Ingredients

- 16 ounces refrigerated whole wheat pizza dough
- ¼ cup baking soda
- 1 teaspoon coarse salt
- Optional: 1 egg

Instructions

1. Unwrap dough, place on a lightly floured surface, and let sit out at room temperature for 20 minutes.
2. Preheat oven to 425°F. Line a baking sheet with parchment paper.
3. Divide dough into 8 equal pieces. Roll the dough into a long strand about ½ inch thick. Form a U, then cross the two ends over each other and twist, then push the ends down into the top of the U to form a pretzel shape. You can also create other shapes, such as a straight stick (or add a twist) or a nugget. Repeat until all dough is used.
4. Bring 8 cups of water to a simmer over medium-high heat. Add ¼ cup baking soda.
5. Using a slotted spoon, lower a few pretzels into the simmering baking soda bath. Only add enough to form a single layer in the pot. Simmer for 1 minute, using the spoon to flip them if they float to the top. Remove from bath and drain, then place onto the prepared baking sheet. Sprinkle with kosher salt.
6. Repeat with all pretzels. Sprinkle with kosher salt before they drain or brush with water, then sprinkle with salt. The other option is to whisk 1 egg with 1 tablespoon of water and brush on top of pretzels, then sprinkle with salt, which will make them shiny and brown a little darker.
7. Bake about 15-20 minutes or until golden brown on top.

Other Ideas for Toppings:

Sesame seeds, poppy seeds, “everything bagel” mix



Storage Notes

Soft pretzels only last a day or so. Store at room temperature in a paper bag. Reheat for a few minutes in the oven or about 15-20 seconds in the microwave.

Crispy Rice Bars

Vegan (if using vegan chocolate), gluten-free. Allergens: Chocolate may contain milk, soy

Ingredients

- 1 ½ cups dark chocolate chips
- 1 ½ cups crisped brown rice cereal

Instructions

1. Line a baking sheet with parchment paper and set aside.
2. Melt the chocolate in a double boiler, stirring constantly until melted. Alternatively, heat the chocolate in a microwave-safe bowl in 30 seconds increments, stir, and repeat until melted.
3. Gently stir in cereal and mix until all of the cereal is coated.
4. Pour the cereal mixture onto the prepared baking sheet and spread into a square in an even layer. Chill in the refrigerator for at least 30 minutes or until firm.
5. Place the parchment paper and bars on a cutting board. Cut the square in half and then cut into smaller bars. Store in an airtight container at room temperature.

Yields 12-14 bars



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Beeswax Wraps

Supplies

- Beeswax
- Grater (if beeswax is not pre-grated)
- Clean fabric
- Pinking shears
- Aluminum foil (optional)
- Parchment paper
- Baking sheet
- Brush
- Optional: pine rosin and jojoba oil

Instructions

1. Preheat oven to its lowest setting, or 200°F. Optional: line a baking sheet with foil to ensure that no wax sticks to it.
2. Grate beeswax using grater unless you bought it in beads.
3. Use pinking shears to cut fabric into desired shape and size – this will reduce fraying. Try 8” or 11” squares that but make sure they fit on the baking sheet.
4. Cover the baking sheet with parchment paper. Place a piece of fabric on top and sprinkle with grated beeswax. Start with a light sprinkling, about 2 teaspoons – you can always add more. If using, add a very light sprinkling (1/4 teaspoon) pine rosin and a few drops of jojoba oil.
5. Place in the oven and let it melt for 5-10 minutes. Once the wax has melted, use the brush to cover the fabric evenly. If necessary, add more wax repeat this step.
6. Let fabric cool for a minute, then peel it off the parchment paper. Wave it around for a few seconds and the wax will harden. Set aside to allow to fully dry.
7. Repeat with remaining fabric.
8. When finished, tear up parchment paper and compost it. Dip grater into a pot of boiling water to remove excess wax.



Step 4: Sprinkle lightly with beeswax



Finished product

Care Tips

- Only wash with cold water and mild soap (such as castile soap). Hot water will melt the wax.
- Do not use for raw meat since they cannot be washed with hot water
- Store rolled rather than folded – folding creates more cracks

Materials Tips

- Fabric – You can reuse old fabric such as a t-shirt, bed sheets, or curtains, but the fabric must be thin and natural, such as cotton or linen, rather than thick or synthetic, such as polyester or canvas.
- Beeswax – You may be able to find local beeswax in a block, or you may find it at a craft store in beads.

Iron Method

- You can also use an iron instead of an oven, but you may have to designate the iron and ironing board for wax projects only. If the wax sticks to the iron or ironing board, it will stick to your clothes and will not come off!
- To use this method – place the fabric and beeswax between two sheets of parchment paper. Iron over it on low heat, moving the iron constantly, until wax melts, or about 1 minute.