

## Foodie Fridays: Grace Rogers' Pumpkin-Shaped Pretzel Buns

Pumpkin-Shaped Pretzel Buns recipe inspired by Lily Morello's [recipe](#)

### Ingredients:

¾ cup warm water

1 tsp (slightly heaped) active dry yeast

1 tbsp honey

1 tbsp butter, melted and cooled

2 tsp brown sugar

½ tsp salt

2 cups AP flour, plus more for dusting

Nonstick cooking spray

Coarse salt

6 pepitas/hulled pumpkin seeds

Additionally, for the water bath:

9 cups water

½ cup baking soda

### Instructions:

1. Combine warm water, yeast, and honey in the bowl of your stand mixer and stir gently. Allow yeast to bloom and foam up for 5 minutes.
2. Add butter, brown sugar, and salt, and stir together. Fit stand mixer with the dough hook and turn it on to the lowest setting. Begin adding flour, 1/2 cup at a time, until the dough starts to come together. Use a rubber spatula to scrape everything together. If the dough is sticky, add a little bit more flour.
3. Turn the mixer to medium high and knead the dough for about 5 minutes until it feels smooth and bouncy. Turn the dough onto a clean worksurface and roll into a smooth ball. Grease the

inside of the mixing bowl and place the ball of dough back inside. Cover with a damp towel and allow to rest in a warm place for 20 minutes.

4. On a lightly floured worksurface, divide the rested dough into 6 equal pieces and roll each piece into a ball.
5. In a large pot, combine water and baking soda for water bath and bring to a boil. Preheat oven to 425°F.
6. While waiting for the water to boil, wrap cotton baking twine around the balls of dough to form the ridges of a pumpkin shape (see notes above) and tie together loose ends.
7. Place buns in boiling water bath for 10 seconds on each side, then place on a parchment-lined baking tray.
8. Sprinkle coarse salt onto the buns. Brush with additional water from the water bath if necessary for more salt adhesion.
9. Bake for about 15 minutes, until the buns are a rich brown color.
10. Allow buns to cool slightly before cutting and removing the twine. Stick 1 pepita into the top-center of each to form a leaf/stem.