Mustard Bean Stuffed Pretzel Bread

FURMANO'S
GREAT TASTE IS A FAMILY TRADITION
FOODSERVICE



SERVING SIZE: **16**

Ingredients

- 2 teaspoons Dry Active Yeast
- 1 liquid cup Warm Water
- 1 fluid ounce Milk
- 1 tablespoon Dark Brown Sugar
- 1 1/2 fluid ounces Melted Butter
- 1 teaspoon Kosher Salt
- 3 cups Bread Flour
- 3 cups **Furmano's Black Beans,** Drained & Rinsed
- 1/4 cup Red Onion, Diced
- 1 tablespoon Minced Garlic
- 1/4 cup Spicy Brown Mustard
- 2 fluid ounces Water
- 1 fluid ounce Lemon Juice
- 1 tablespoon Chopped Parsley
- As Needed Salt
- As Needed Cayenne Pepper

In This Recipe



Black Beans - 15.5 oz.



Black Beans, Low Sodium - Bella Vista



Pouch Black Beans in Brine



Black Beans in Brine

Preparation

1. Bloom Yeast in Warm Water for 10 minutes
2. Add Milk, Brown Sugar, and Melted Butter to Yeast Mixture
3. Add Salt and a majority of the Flour to the liquid ingredients, mix to combine. Add remainder of the flour a little at a time, until dough forms a tacky ball
4. Oil a bowl and place dough in bowl and allow to rest for 1/2 hour. Then knead dough by hand for 10 minutes and allow to rest for an additional hour.
5. Preheat Oven to 400* and prepare Mustard Beans
6. To make Mustard Beans, place Garlic, Spicy Brown Mustard, Olive Oil, Lemon Juice, and Chopped Parsley in a large bowl and whisk together. Next add Black Beans and Red Onion, toss with dressing and season to taste.
7. Prepare a blanching bath that is 1 gallon of water and 1/2 cup of baking soda. Bring to boil
8. Roll out dough into 1/2" thick and cut into squares
9. Fill Dough with Mustard Beans, roll and seal
10. Blanch Dough for 30 seconds, Dry and Bake for 33 min turning halfway through the time

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