

Cheddar-Stuffed Pretzel Bombs: The Snack You Didn't Know You Needed

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OVEN
400°F

TIME
7 min

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INGREDIENTS

For the Pretzel Bombs:

2 ½ cups all-purpose flour

1 tsp salt

1 tsp sugar

1 packet (2 ¼ tsp) instant yeast

¾ cup warm water

1 tbsp butter, melted

6 oz cheddar cheese, cut into small cubes

¼ cup baking soda

1 egg, beaten (for egg wash)

Coarse salt, for topping

For the Mustard Dipping Sauce:

¼ cup Dijon mustard

2 tbsp honey

1 tbsp mayonnaise

DIRECTIONS

- 1.** Make the Dough: In a large mixing bowl, combine flour, salt, sugar, and yeast. Add warm water and melted butter. Stir until a dough forms. Knead on a floured surface for 5-7 minutes until smooth and elastic. Cover and let rise in a warm place for 1 hour.
- 2.** Shape the Bombs: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Punch down the dough and divide into small pieces (about 20-24). Flatten each piece, place a cube of cheddar in the center, and pinch edges to seal completely.
- 3.** Baking Soda Bath: Bring a pot of water to a boil. Carefully add baking soda (it will fizz). Boil each dough ball for about 20 seconds, then transfer to the baking sheet.
- 4.** Bake: Brush each pretzel bomb with beaten egg, sprinkle with coarse salt, and bake for 12-15 minutes until deep golden brown.
- 5.** Make the Dipping Sauce: Whisk together Dijon mustard, honey, and mayo until smooth. Chill or serve immediately.
- 6.** Serve: Serve the pretzel bombs warm, with plenty of dipping sauce. Enjoy the cheesy goodness!

SWAPS & NOTES

Cheddar: Swap for gouda, mozzarella, or pepper jack for different flavor profiles.

Mustard sauce: Add a dash of hot sauce or garlic powder for an extra kick.

Flour: Bread flour will give an even chewier texture, but all-purpose works beautifully.

Baking soda bath: This gives pretzels their classic texture and sheen—don't skip it!

TIPS FOR SUCCESS

Seal them tight: Make sure each dough ball is well sealed to prevent cheese from leaking during baking.

Use parchment: This helps avoid sticking and makes cleanup easy.

Don't skip the boil: That baking soda bath is what gives the pretzel bombs their classic exterior.

Serve immediately: These are best warm, when the cheese is at peak gooeyness.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cheddar-stuffed-pretzel-bombs-the-snack-you-didnt-know-you-needed/>