

## Easy Stuffed Soft Pretzel Recipe with Cheese

### Rosemary Parmesan Stuffed Soft Pretzels

OVEN  
425°F

TIME  
5 min

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#### INGREDIENTS

For the Dough:

2½ cups all-purpose flour

1 teaspoon salt

1 tablespoon sugar

1 packet active dry yeast

1 cup warm water

2 tablespoons unsalted butter, melted

For the Filling & Topping:

1 cup shredded mozzarella cheese

1 tablespoon fresh rosemary, chopped

¾ cup grated Parmesan cheese

1 egg, beaten (for egg wash)

Coarse salt

For the Baking Soda Bath:

10 cups water

... cup baking soda

#### DIRECTIONS

1. **Activate the Yeast:** In a large bowl, combine warm water, sugar, and yeast. Let sit for 5 minutes until foamy.
2. **Make the Dough:** Add flour, salt, and melted butter. Mix until dough forms, then knead for 5-7 minutes until smooth and elastic.
3. **Let It Rise:** Cover dough with a damp cloth and let rise in a warm place for about 1 hour, until doubled in size.
4. **Shape & Fill:** Preheat oven to 425°F (220°C). Punch down dough and divide into 8 equal portions. Roll each into a 12-inch rope.
5. **Place shredded mozzarella** along the center of each rope, pinch to seal tightly, and shape into pretzels.
6. **Baking Soda Bath:** Bring 10 cups of water to a boil and add baking soda. Carefully boil each pretzel for 1-2 minutes per side. Transfer to a parchment-lined baking sheet.
7. **Top & Bake:** Brush with beaten egg. Sprinkle with chopped rosemary, Parmesan, and coarse salt.
8. **Bake** for 12-15 minutes until golden brown.
9. **Cool & Serve:** Let cool slightly before serving - the cheese inside will be hot and melty.

#### SWAPS & NOTES

& Swaps Mozzarella: Use low-moisture for easier sealing.

Rosemary: Fresh gives the best flavor, but dried works in a pinch.

Parmesan: Freshly grated melts better and tastes richer.

Add garlic: A pinch of garlic powder in the topping adds extra depth.

#### TIPS FOR SUCCESS

Seal edges well to prevent cheese leaks.

Don't skip the baking soda bath - it creates the chewy crust.

Work quickly after boiling so pretzels don't stick.

Let pretzels cool slightly before biting into the hot cheese center.

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

Original recipe: <https://chefmaniac.com/easy-stuffed-soft-pretzel-recipe-with-cheese/>