



Host Suzanne Nance loves to explore Portland's foodie culture, and what better way than to go straight to the chefs of some of our most beloved restaurants!

Together, Suzanne and the culinary artists of the City of Roses will explore music through the idea of comfort food, provide recipes, and chat about the joy of cooking, all paired with lush, beautifully crafted music.

On this week's episode, chef Greg Higgins shares his recipe for Alsatian Bretzels – delicious!

Alsatian Bretzels

Yield: 16 bretzels

1 kg. All-purpose flour
400 grs. Milk
200 grs. Water
60 grs. Butter – softened
25 grs. Salt

15 grs. Dry yeast
Pretzel salt
Cumin seeds
1:20 Lye solution

Warm milk and water to 100 degrees. Mix flour, yeast, salt and butter with the warm milk & water – knead to form a smooth dough. Place in oiled bowl, wrap and refrigerate overnight. Portion dough at 100 grs. and roll out to two feet in length. Form a “U”, twist and knot to pretzel shape and place on silpat lined trays. Wearing gloves dip the pretzels in lye solution for 15-20 seconds each. Drain well, place on silpat and sprinkle with pretzel salt and cumin seeds. Bake at 375 degrees till nicely browned – 15-20 minutes.



Greg Higgins
Owner and executive Chef, Higgins Restaurant

Chef/owner of Higgins Restaurant & Bar in Portland, Oregon since 1994, Greg is an avid organic gardener and active proponent of sustainable food practices. Higgins maintains a strong commitment to supporting local farmers, fishermen, ranchers, and foragers as well as to educating and inspiring people to choose good clean food. He was honored by the James Beard Foundation as the recipient of their 2002-2003 Best Chef Award - Northwest/Hawaii. He has also been named a “Founder of the New Northwest” by Sustainable NW and is a recipient of the state of Oregon’s “Governor’s Award” for his work promoting and celebrating Oregon agriculture.

Learn more at higginsportland.com

