

Freedman Family CHALLAH Recipe

Makes one 1.5 lb. Challah

INGREDIENTS:

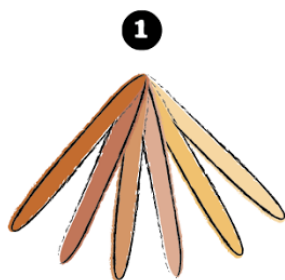
3 cups (13.5 oz) bread flour
1 cup warm water
1/4 cup oil
1/4 cup sugar
1 egg
2.5 tsp yeast (rapid rise)
1/2 Tbsp salt

Temple Beth Ami's

**Big
CHALLAH
Bake**

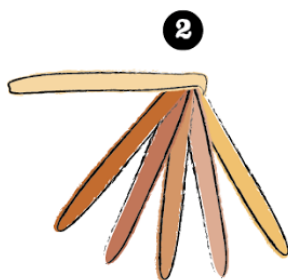
DIRECTIONS:

1. In a large mixing bowl, combine water, oil, sugar, egg, and yeast, and mix with wire whisk.
2. Gradually mix in half the flour with whisk.
3. Add in remaining flour, and mix by hand or using stand mixer dough hook.
4. Let dough rest for 15 minutes, and then add salt.
5. Knead dough (with dough hook or by hand) for 10 minutes, adding flour as needed to make dough smooth. Dough should be barely sticky to the touch.
6. Turn dough out onto table and hand-knead until "stretch marks" appear.
7. Place dough in a lightly oiled bowl, add a touch more oil to the top, and cover.
8. Allow dough to rise for 1.5 hours, until size almost doubles. Dough can be made ahead and stored in fridge for up to 24 hours. From fridge, leave out 1.5 hours at room temperature.
9. For six-braid challah, divide dough into 6 equal pieces. Roll out each piece 12-15" long. Braid dough (see diagram on back).
10. Place braided challah on parchment-lined baking sheet and cover. Let rise for 25-30 min.
11. Brush Challah w/ beaten egg mixture (1 egg & 1 tsp water). Sprinkle w/ poppy or sesame seeds, as desired.
12. Bake at 325 degrees for 30-40 min, rotating pan 1/2 way through, until golden brown. Challah will sound hollow when thumped on bottom.
13. Cool on a wire rack. ENJOY!



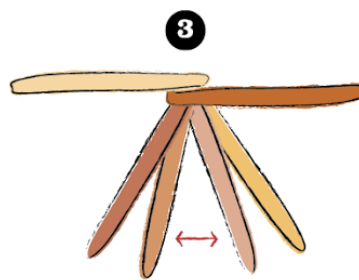
1

Overlap ends
on top of
each other.



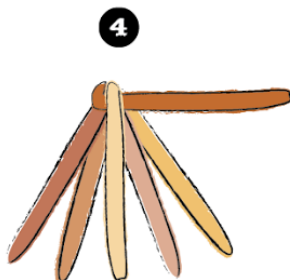
2

Take right
strand and
cross over to
left side.



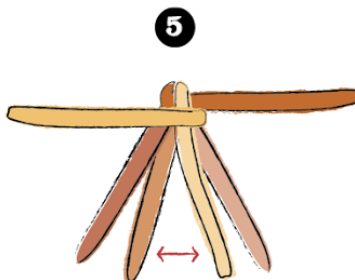
3

Take second from
left strand and
cross over to right
side. Create a small
gap between the
four inner strands
in the middle.



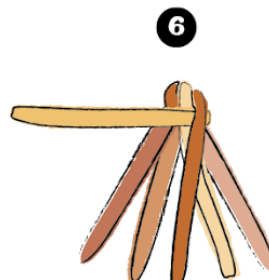
4

Take left strand
and bring down to
middle (in the gap
between the four
inner strands).



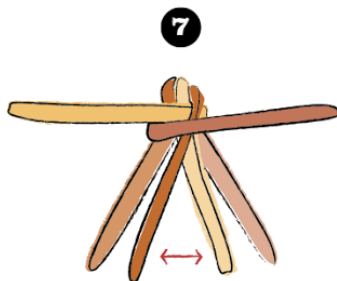
5

Take second from
right strand and
cross over to left
side. Create a small
gap between the
four inner strands
in the middle.



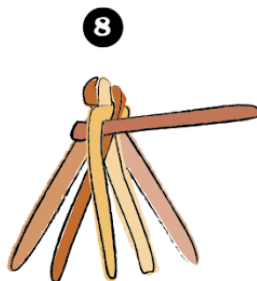
6

Take right strand
and bring down to
middle (in the gap
between the four
inner strands).



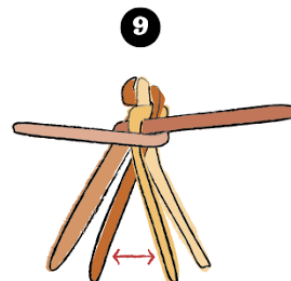
7

Take second from
left strand and
cross over to right
side. Create a small
gap between the
four inner strands
in the middle.



8

Take left strand
and bring down to
middle (in the gap
between the four
inner strands).



9

Take second from
right strand and
cross over to left
side. Create a small
gap between the
four inner strands
in the middle.

Repeat from step 6 until you reach the end. Tuck ends under loaf.