

# Temple Beth Ami's Challah

## Recipe from the Freedman Family Challah

Makes 3 - 1lb challot

1. In floor mixer bowl, combine the following ingredients using the paddle attachment:

• Warm water	2 cups
• Oil	$\frac{1}{2}$ cup
• Sugar	$\frac{1}{2}$ cup + $\frac{1}{2}$ tsp
• Eggs	2
• Yeast (rapid rise)	5 tsp

2. Gradually add bread flour

**Cover the mixer screen with a dish towel after each addition** to avoid flour spraying and escaping the bowl or mix in by hand.

Switch to dough hook after approximately  $\frac{1}{2}$  the flour has been added.

• Bread flour	6 cups (may need a little less or more depending on humidity)
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3. Let dough rest for 15 minutes (autolyse).

4. Add salt **after** the dough has rested for 15 minutes. (Salt will kill the yeast if added too early)

• Salt	1 Tbl
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5. Using dough hook, knead for approximately 10 minutes adding enough flour to make a smooth dough (or knead by hand). The dough should be "barely sticky" to "not sticky at all."

6. Turn dough out onto table and knead a little while by hand until you see "stretch marks" then place dough in lightly oiled bowl, lightly oil top of dough, and cover.

7. Let rise in a warm place until almost doubled, about 1  $\frac{1}{2}$  hours.

8. Divide dough into 1 lb pieces.

9. Braid Challah:

- Each 1 lb piece should be divided into 6 equal pieces.
- Roll each of the 6 pieces into 12-15 in long ropes.
- Braid dough (see attached diagram).

10. Place 3 braided challot on parchment lined baking sheets and cover. Let rise in a warm place for 25 - 30 minutes.

11. Brush challot with beaten egg mixture (1 egg and 1 tsp water). Sprinkle with sesame or poppy seeds in desired.

12. Bake at 325 degrees for approximately 30-40 minutes rotating the pans half way through, until done and golden brown. Challah will sound hollow when thumped on the bottom.

13. Cool on wire racks. ENJOY!

### Six-Strand Braid (Fig. 7)

Divide the dough into six portions. Roll each piece into a long even strand and place them side by side. Pinch the tops firmly together. Number the strands from left to right, 1 through 6 (see Fig. 7a).

Beginning with number 1, take that strand and pass it over strands 2, 3, 4, 5, 6 (see Fig. 7b). Now take number 6 and pass it over strands 5, 4, 3, 2 (see Fig. 7c). At this point, bring number 1 down, laying it between 3 and 4 (see Fig. 7d). Then take 2 and pass that strand over 3, 1, 4, 5 (see Fig. 7e). Bring down number 6 and lay it between 1 and 4 (see Fig. 7f). Take strand number 5 and pass it over numbers 4, 6, 1, 3 (see Fig. 7g).

Continuing in this sequence, alternating cycles left and right, will bring an outer strand to the opposite side and the upswung strand down to rest centrally. When the braid is fully braided, join the bottom ends.

