

Freedman Family Challah Recipe

(Makes 1.5 lb loaf. Weighted measurement)

Ingredients:

360 grams bread flour
227 grams water
50 grams oil
50 grams sugar
1 egg
8 grams yeast
9 grams salt

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).
10. Place braided challah on parchment-lined baking sheet and cover. Let rise for 25-30 minutes.
11. Brush challah with beaten egg mixture (1 egg and 1 teaspoon water). Sprinkle with poppy or sesame seeds, if desired.
12. Bake at 325 degrees for 30-40 minutes, rotating pan half way through, until golden brown. Challah will sound hollow when thumped on bottom or if temperature should be 190 degrees.
13. Cool on a wire rack. ENJOY!