

Challah Baking and Braiding

with Saralee Greenberg and Rabbi Ariel Platt

Rosh Hashanah 5781

Challah Dough (2 Challot)

- 1 2/3-cup water (lukewarm)
- 1 1/2 Tablespoon instant yeast
- 1/2 cup sugar
- 2 Tablespoons honey
- 5 1/2 to 6 cups Bread Flour or All-purpose Flour (use 5 cups to start and add flour as needed)
- 1/2 cup canola or vegetable oil
- 1 large egg
- 2 teaspoon salt

Egg wash

- 1 egg

Sweet Cinnamon Filling

- 1/3 cup canola oil
- 3/4 cup brown sugar
- 2 teaspoon cinnamon
- Pinch of salt
- 1 cup raisins *optional for sweet Rosh Hashanah Challah*

To make dough

- In a large bowl, gently stir yeast, water and sugar with a fork.
- Allow to bloom in a covered bowl for 5-10 minutes. Mixture will turn into a foam.
- Add the remaining ingredients (in the order listed) to the bowl with the yeast mixture, mixing with a fork and then with your hands, until a smooth soft dough is formed.
- If dough is sticky, add more flour to the sides of the bowl, not the top of the dough.
- For easy kneading put flour or oil on your hands.
- Knead well, (3-4 minutes) until you get a smooth ball of dough.
- *The less flour you use the lighter the challah will be.*
- Lightly oil a second bowl and place dough.
- Cover and let rise for at least 1 hour. Dough should double in size. If dough rises too long it will lose its shape during baking.

To make loaves

- Turn the dough out onto a lightly floured surface and fold it over once, divide in half.
- Shape each half into balls, 4 balls for a round challah, 3 balls for a traditional shabbat challah and allow the balls of dough to rest covered for 15 minutes. Shape the challah.
If the dough is sticky do not add any additional flour, just put flour on your hands.
- Place the challah on a cookie sheet covered with parchment paper or in a challah pan which has been sprayed with Pam.
- Allow to rise for 1 hour in a warm kitchen.
- Paint with egg wash. At this time you would sprinkle your topping onto the Challah.
- Bake in a preheated 350°F oven for approximately 25 to 35 minutes.
- Cool on a wire rack