

# Barnert Temple Sisterhood

## Garlic-Onion Challah

### (a.k.a. Bialy Challah/French Onion Soup Challah)



**This recipe is not ideal if you want to get fancy with braiding. Because each strand is stuffed, it lends itself to a basic 3-strand braid.**

#### **Ingredients:**

- 2 packets active dry yeast (one packet equals 2-1/4 tsp. of bulk yeast)
- 1-1/2 cups warm water
- 1/4 cup plus 1 teaspoon of sugar. (the one teaspoon is to activate the yeast)
- 6-1/2 cups flour plus more for dusting (2-1/2 cups of whole wheat flour can be substituted)
- 2 teaspoons kosher salt
- 2/3 cup flavorless oil (canola/vegetable)
- 5 large eggs (4 for the dough, one for the glaze)
- 1/4 cup butter, melted
- 1 medium onion - finely chopped
- 6 gloves garlic (or more - can't have too much), finely chopped
- 1 tablespoon of honey
- Kosher salt or flaky salt (like Himalayan) (for the topping)

#### **Supplies:**

- 2 large bowls (glass, ceramic or metal)
- 1 small/medium bowl
- Parchment or Silpat
- Tea towel
- Baking sheet(s)
- Cooking spray
- Gallon Ziploc bag (depending on how you choose to expedite your rise)

#### **Directions:**

##### **In Bowl #1:**

Combined yeast, warm water and 1 teaspoon of sugar and give it a little stir. Let sit for 5 minutes until it's foamy on top.

**In Bowl #2 (large):\***

Mix together 6 cups of the flour, kosher salt and the 1/4 cup of sugar. Stir to blend.

**In Bowl #3:\***

Whisk together oil and 4 of the eggs.

*\*Bowls Two and Three can be prepared ahead of time.*

1. When yeast is foamy, add it to bowl #2 (with the flour mixture)
2. Then add the egg/oil mixture to bowl #2. Stir to combine. If it's too sticky add more flour if necessary. Resist the urge to keep adding flour. When it comes together turn it onto a floured surface and knead until smooth and slightly sticky. The dough should be smooth and slightly sticky.
3. If time is not an issue, you can place in an oiled bowl, cover, and let rise for 2 hours or until it has doubled in size. It will take slightly longer if you're using whole wheat flour. It can also be refrigerated overnight and brought to room temperature before shaping.
4. If you need to expedite the rising process, here are some options:
  - a. Place dough in an oiled plastic gallon bag. Place bag in a bowl of hot water. Keep checking the water, and add some more hot water if necessary.
  - b. Put oiled bowl in a larger bowl with hot water. Keep checking the water, and add some more hot water if necessary.
  - c. Put oiled bowl in oven over a pan of boiled water. (Don't turn oven on).
  - d. Fill a large glass measuring cup half way with water. Heat in microwave until water just comes to a boil and steam up microwave. Quickly open the door and put the dough bowl in on top of the water. Close the door before all the steam escapes.



5. This recipe makes 2 loaves (braided with 3 strands). Line two baking sheets with parchment paper or Silpat mats.
6. Divide the dough into 6 pieces. Roll out each piece into a large strip about 1/2 to 1/4 inch thick and about 3 inches wide. Brush down each center with melted butter. Try not to get the butter near the edges as it won't seal well. Down the center over the butter, add the chopped onions and garlic. Roll each piece to seal in the mixture.
7. Braid 3 strands tucking the ends underneath to seal. Repeat for the second loaf. Place both on the parchment/Silpat.
8. Allow to rest for 30 minutes. Preheat oven to 350 degrees while the dough is rising.
9. Whisk together the honey and remaining egg. Brush the tops of the challah and sprinkle with the kosher (or flaky) salt.
10. Bake until golden brown and not doughy in the center, about 35 minutes, but start checking at 25 minutes. Bread can be tested by putting a sharp knife through the thickest part. If it's clean, the bread is done.
11. Cool slightly before serving.

Try not to eat it all in one sitting! It's THAT good!

Original recipe can be found at <https://www.foodnetwork.com/recipes/garlic-and-onion-challah-bread-5325316>