

Shoshi Talesnick's Challah Recipe (Pareve)

Ingredients:

2 ½ cups warm water
1 tablespoon dry yeast*
1 tablespoon sugar

2 eggs
¾ cup canola oil
1 cup sugar
½ teaspoon salt
8 cups flour
(bread flour is best)

1 egg for brushing challah

Optional

Sesame Seeds
Poppy Seeds
Raisins
Chocolate Chips

Variations:

Cut recipe in half, but not the quantity of yeast.

Substitute white whole wheat flour for a third to a half of the regular flour. Add a few tablespoons of regular whole wheat, flax seed, oatmeal, or wheat bran.

To make a vegan version, replace the egg in the challah with a mixture of 2 tablespoons of ground flaxseed mixed with 6 tablespoons of water that sits for 10 minutes before being added to the yeast mixture. Brush the challah with sugar water.

*One packet of Red Star Yeast (1/4 oz) is fine.

This recipe for challah is based on the recipe used by Shoshi's grandmother, Bella Sherman, also known as Booboo. The recipe was adapted by Booboo's daughter, Ruth, and granddaughter, Shoshi, and her siblings, and then by her great-grandchildren. Booboo was raised in a small shtetel in Poland named Plontch. Shoshi and Rabbi Katz and family eat her challah every Shabbat.

In a large bowl, mix together 2 ½ cups of water, 1 tablespoon dry yeast, and 1 tablespoon of sugar until the yeast becomes active. You will see it bubble.

In a small bowl, mix together 2 eggs, ¾ cup canola oil. Add to the yeast mixture.

Add 1 cup sugar and ½ teaspoon salt to the yeast mixture. Mix well.

Incorporate approximately 8 cups of flour (1 cup at a time) into the mixture until a smooth dough is formed.

Knead on a lightly floured cutting board until no longer sticky.

Return to lightly oiled mixing bowl and cover with a towel. Let stand for about 2 hours. It should rise to about double the volume.

Punch down then let dough stand covered for another hour.

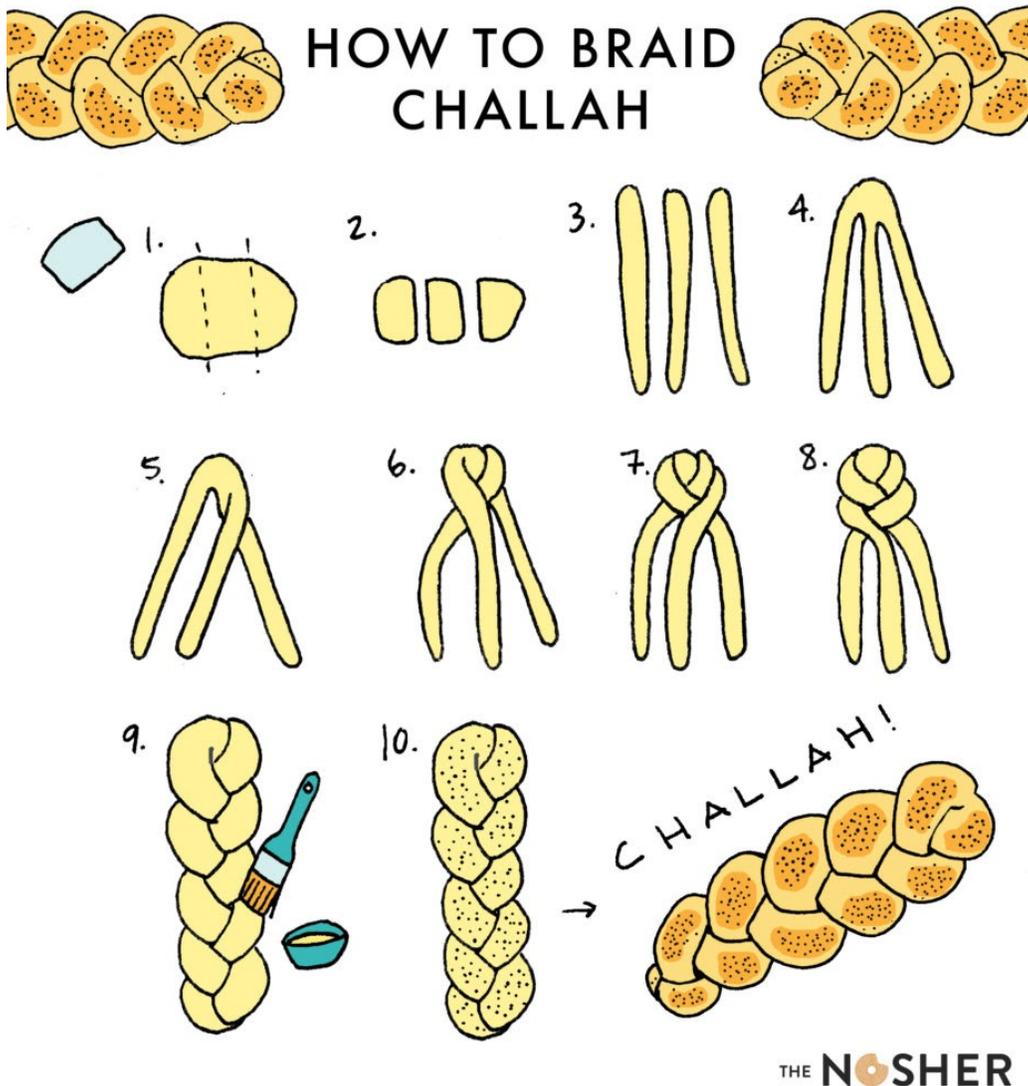
On a floured cutting board, form 4 (or 6 smaller) challahs (braiding options on next page). If you want to add raisins or chocolate chips to the dough, do it before you form the challahs.

Place challahs on a baking sheet, cover with towel, and let them stand for 10 minutes. Brush on egg wash (one beaten egg) and, if desired, sprinkle with sesame seeds or poppy seeds.

Place in an oven set to 350 degrees F (no need to preheat the oven) for 40 minutes or until golden and hollow sounding on the bottom.

For information about when and how to fulfill the mitzvah of "taking challah" click here:

<https://www.myjewishlearning.com/recipe/taking-challah/>



Want a video about how to make 3, 4, 5, 6, 7, 8, 9 strand braids?

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