

Barbara Kline's Deliciously Divine LIFE CHANGING CHALLAH

Makes 2 Good-Sized Challahs



The Ingredients

- 1 envelope or 1 Tblsp Yeast *← Regular not rapid rise*
- 1/2 C + 1 Tblsp Sugar
- 2 Tblsp Salt
- 4 generous Tblsp Vegetable oil *(I use Canola)*
- 5 Eggs
- 8 C unsifted unbleached all-purpose flour

I use eggs from the Farmers Market - the fresher the better. (Reserve 1 of them for painting the challahs before baking.)

The Sponge

POUR approximately 3 ounces warm water in a measuring cup

ADD

- 1 Tblsp or 1 envelope yeast
- 1 Tblsp sugar

STIR together and let it do its thing while you...

COMBINE in a large bowl all of the flour, salt, and remaining sugar.

MAKE A WELL in the center of the flour and pour sponge into it. Cover sponge with some of the flour mixture.

ADD

- 4 Tblsp vegetable oil
- 4 beaten eggs

(frothy head, liquid, and all)

KNEAD by hand, adding water a little at a time if needed, until all flour has been absorbed.

REMOVE from bowl and continue kneading gently until the dough is smooth and springy. *(like a baby's bottom)*

SCRAPE the bowl clean.

POUR a little oil into the bowl and return kneaded dough to it, swirling it to lightly coat all of the dough's surface with oil.

COVER with wax paper or large piece of plastic and let sit for at least 4 hours.

When dough has risen double its original size, **REMOVE** from bowl and gently **FOLD OVER** the dough, reducing it in size.

RETURN dough to the bowl, cover again and let rise for at least ½ hour. *(An hour is even better)*

The Braiding

TURN ON the oven to 350° F.

DIVIDE into two equal amounts for two medium size challahs.

FOR THREE-BRAIDED CHALLAH W/ MINI CHALLAH ON TOP

Take 1 amount from the dough you just divided, and divide that into 4 equal amounts. Set 1 lump aside and roll out 3 ropes with the remaining 3 lumps of dough. Braid these 3 ropes beginning in the middle, stretching the dough as you get to each end.

↖ This will give your challah a lovely shape

Repeat this process with the fourth lump that you had set aside, dividing that piece into 3 parts, rolling them into ropes, and braiding from the center out. Secure ends, and attach it firmly to the top of the larger one.

* FOR SIX-BRAIDED CHALLAH: *

I make SIX braided challahs and suggest if you do this, it might be best to just watch a video of the process.

I found that writing out the directions makes the process more confusing than it actually is.

After braiding, **PLACE** challahs on a greased baking sheet or pad, cover, and let rise for 20-30 mins.

After this second rise, **PAINT** the challahs with beaten egg using a paint brush. *You can sprinkle the top of the challahs with sesame or poppy seeds if you like*

BAKE for 30 minutes on the middle shelf. **REMOVE** from cookie sheet and continue baking for another 5-10 minutes.

(or until challah sounds hollow when tapped on the bottom)

REMOVE from oven and let cool on baking rack.

Shabbat Shalom! Eat and enjoy!!!

LAB / SHUL