

Challah for Rosh Hashana

Bialik College Kitchen Garden Program



Ingredients:

- 11 grams dry yeast (about 1 ½ packages)
- 1 tablespoon sugar
- 1 ¾ cups lukewarm
- ½ cup rice bran oil, plus extra for greasing
- 4 large eggs plus one for wash on top.
- 1/2 cup honey
- 1 tablespoon salt
- 8 to 8.5 cups plain flour (about 1kg or a bit over)
- ½ cup raisins per challah
- poppy seeds or sesame seeds

Equipment:

- large bowl
- metric measuring cups/spoons
- whisk
- baking trays
- pastry brush

Method:

1. In a small bowl dissolve yeast with 1 tablespoon of sugar and the lukewarm water. Set aside for 5 minutes until a bit foamy.
2. Place mixture into a larger bowl, beat in 4 eggs one at a time with oil, honey and salt. Gradually add flour.
3. When dough comes together, you can remove it from the bowl and place it on the bench that is lightly floured.
4. Knead until smooth. Place in a greased bowl and cover with plastic wrap. Let it rise for in a warm place for an hour. Punch down dough and cover and let rise again for ½ an hour.
5. If you want raisins in your challah, you can knead them in now.

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6. Divide the dough into half. The dough will make 2 challahs.
Now you need to decide which shape you would like to do.
(snail shaped) , (linked loop challah) or four strand round
challah
7. Beat remaining egg and brush it on loaves. If you have time let
it rise for another hour.
8. Preheat oven to 180C and brush loaves again. Sprinkle with
seeds if you would like.
9. Bake in a middle shelf for 30-40 minutes or until golden.