

WISE WOMEN

THE JOY OF CHALLAH



Challah Recipe:

3 1/2 TSP active dry yeast

3 TSP sugar

1/2 CUP lukewarm water

1) Combine yeast, sugar and water in a small bowl. Let it stand until mixture foams up. About 5 minutes.

1/4 CUP sugar

1/2 TBSP salt

1/4 CUP + 2 TBSP oil

2 TBSP + 2 TSP honey

1 egg

1/2 CUP lukewarm water

3 1/2 CUPS flour

2) Combine sugar, salt, honey, egg, and oil in a separate bowl. Mix well.

3) Add additional 1/2 CUP lukewarm water and yeast mixture. Mix well.

4) Add flour. Knead dough mixture until no longer sticky.

5) Cover the dough and let rise for 1-2 hours

6) Make 3 ropes and braid the dough into loaf. Let rise for another 30 minutes.

Egg yolks

Sesame seeds, poppy seeds, etc. (optional)

7) Brush loaf with egg yolk and sprinkle with topping.

8) Bake on 350 for 25-30 minutes until golden brown.

