

Challah

Ingredients

- 2-1/4 tsp. yeast (1 packet)
- 1 cup warm water
- 1 Tbl. Sugar
- 1 egg
- ½ cup oil
- ½ cup honey or sugar
- 4 to 4-1/2 cups flour
- 1 tsp. salt

Topping Ideas

- Sesame seeds
- Poppy seeds
- Dried onions
- Sprinkles



Instructions

- Mix yeast with warm water and sugar. Let yeast start to foam.
- Mix in egg, oil and honey (or sugar).
- Slowly add flour and salt, mixing and kneading as you go.
- If dough is too wet, add more flour.
- Place dough in a well-oiled bowl, cover and let rise until it is double in size (about 1 hour).
- Cut dough in half and braid each half as desired.
- If desired, brush with egg wash (one egg mixed with a bit of honey) or oil and sprinkle with desired toppings.

Baking Instructions

Bake at 350°F for approximately 30 minutes.

If making a large quantity of challah (more than 5 lbs.), separate a small piece of dough (about the size of an olive) before braiding and recite the blessing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַפְרִישׁ חֲלָה

Barukh ata Adonai Eloheinu melekh ha'olam asher kidshanu b'mitzvotav v'tzivanu l'hafreesh challah.

Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us with commandments, and commanded us to separate challah.

Hold the piece of dough and say “*harei zo challah*” (This is challah).

Now you are ready to burn and discard the separated piece of challah. The most common method is to wrap the dough in aluminum foil and then burn it in the bottom of the oven as it preheats or as the loaves bake. Some people burn the foil-wrapped piece of dough on the flame of a gas range. Others wrap the challah in a napkin or paper towel and discard it without burning.