

## Recipe for Challah

### Ingredients

- 1.5kg Bread flour
- 14g fast action yeast
- 2tsp salt
- 100g sugar
- 3 egg yolks
- 180ml olive oil (or other salad /cooking oil)
- Approx. 1 litre water (room temp)

### Making the Challah

- Put all the dry ingredients in a large bowl. Keep the salt away from the yeast.
- Beat the eggs and oil together.
- Make a well and add the beaten egg yolks and oil.
- Slowly add the water as you mix the dough. You may not need the whole litre or you may need a little more. If you think it may need a little more water wet your hands as you knead, if it is too sticky then sprinkle with flour. (It is better to have a slightly sticky dough than a dry dough as the cooked challah will be lighter).
- Once the dough has come together knead it for at least 10 mins. The dough needs to be smooth and elastic.
- Cover and leave to rise until dough doubles in size.
- Divide the dough into six equal sized pieces, then roll them into long sausages. Create 2 plaited loaves and place on a baking tray.
- Leave to rise for a second time, for at least half an hour.
- Optional:       Glaze with some of the leftover egg whites.  
                          Sprinkle with sesame seeds or poppy seeds.
- Bake at 170°C for 40-50 minutes, until a deep golden-brown and the base sounds hollow. If the top gets too dark and the bread is not fully baked, cover it with silver foil for the remainder of the time it is in the oven.
- Leave to cool on a cooling rack.

## Teachers' Notes

**Challah** (plural **Challot**) is the traditional bread eaten on shabbat and most festivals. (The **ch** is pronounced as it would be in the scots word *loch*).

Challah means bread or loaf.

Challah is made from a dough enriched with egg yolks, oil and extra sugar. It is often decorated with sesame or poppy seeds.

For shabbat use, loaves of challah are made in the form of plaits - traditionally three strands to each loaf. On Rosh Hashanah (Jewish New Year) challah is made in round loaves (ie with no beginning or end to symbolise continuity). Some Jewish communities use other traditional shapes for particular times of the year.

On Shabbat there are always 2 challot on the table to symbolise the double helping of manna that was given to the Israelites on Fridays when they were travelling through the desert after escaping from slavery from Egypt. This was to enable them not to need to collect their food on Shabbat. (The story is in chapter 16 of Exodus).

Many Jewish families like to make their own challot - others prefer to buy it from a baker or supermarket.