

Challah Recipe (Beth Ricanati)

Ingredients

Packet of yeast or 2 ¼ teaspoons loose yeast) + 1 teaspoon sugar + 1 cup very warm water (almost too warm, but not hot!)

2 eggs

2 teaspoons salt

¼ cup sugar

1/3 cup oil or margarine (softened)

4+ cups flour

Rosh Hashanah Alternatives

-Replace water with apple cider or apple juice

-Add 1 cup diced dried apples or 2-3 diced or shredded fresh apples.

-Instead of an egg wash before baking, consider mixing oil and honey and use that

Directions

Mix yeast, sugar, and warm water together in a small bowl; let stand approximately ten minutes. This mixture will start to bubble.

Meanwhile, in a large mixing bowl, mix together eggs, salt, sugar, oil, and two cups flour.

Now would be a great time to say, “I am making this dough in the merit of _____” (name someone...maybe a friend who is sick that week, or someone you are happy for, sad for, mad at, etc.)

Add yeast mixture (1) to flour mixture (2).

Add approximately 1 ½ cups of flour to the mixture. Dough should start to form a ball, separating from the bowl.

Place the dough on a floured surface and knead, lifting up with one hand and then the other. This should take at least five minutes as dough becomes increasingly elastic. If necessary, add a bit more flour to the dough if still sticky. Knead dough into a ball.

Place the dough back into an oiled bowl, cover and place the covered bowl somewhere warm for 20-30 min to rise.

Preheat oven to 350°. Remove the cover from bowl, place dough on floured surface. Punch out dough one more time. Cut the dough into two balls, one for each challah. Then divide each ball into three equal pieces. Roll out each piece, crimp together at the top and braid into a loaf. Place on a greased cookie sheet. Repeat with second ball of dough. You may let the dough rise again at this step. Let it rise another 20-30 minutes.

Paint each challah with a mixture of egg yolk plus a little water. Place braided dough on a greased baking sheet and bake approximately 20-25 minutes, or until bread has risen and is golden brown. Remove, let cool.

Eat and enjoy!