

Challah Baking with Morah Ilanit



Challah Recipe

The ingredients for two medium challahs

- 1 1/2 tablespoon of yeast
- 1 teaspoon sugar
- 1 1/3 cups of warm water
- 1 egg
- 1/4 cup of Canola oil
- 2 1/2 tablespoon honey
- 1/4 cup of sugar
- 3/4 teaspoon of salt
- 4 1/2-5 cups of flour

Instructions

- ❖ Pour yeast, water, and 1 teaspoon of sugar in a bowl. Mix it just a little bit and let the mixture sit (the yeast will bubble) for 5 minutes.
- ❖ In a separate bowl, add egg, oil, honey, sugar, and salt, and mix it all.
- ❖ Add the yeast mixture to the bowl, stir, and add the flour.
- ❖ Knead the dough until it is smooth.
- ❖ Drizzle a little oil in the bottom of the bowl and smear the top of the dough with oil..
- ❖ Cover with Saran wrap or a plastic bag and a towel on top.
- ❖ Let the dough rise for one hour.
- ❖ Braid the challah in a shape that you like.
- ❖ Brush egg and add sesame on top.
- ❖ Bake in 375 °F for 20-25 minutes

The ingredients for a 5 lb *Challa* (if you wish to do *Hafrasha Challa*) - about 6 *Challot*

4 tablespoons of yeast
1 tablespoon sugar
4 cups of warm water
3 egg
3/4 cup of Canola oil
1/2 cup honey
3/4 cup of sugar
1-2 tablespoon of salt
5 lb of flour (add 3/4 of the 5lb bag, then add more flour as necessary).

*** If you wish to freeze it, let it cool, wrap it in a tin foil, put in a plastic bag and freeze. When ready to serve, warm it in the oven and it will taste as fresh as if it was just made.***

Hafrashat Challah: Blessing Said on 5 Pounds of Challah

Remove an olive-sized piece of dough, hold the piece of dough in your right hand and recite the blessing. Then wrap the dough in tin foil and burn the dough in the oven as an offering to the *cohen*. Do not eat this dough. Wrap it in a bag and dispose.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּינוּ לְהַפְרִישׁ חֻלָּה מִן הָעִיסָה

Baruch Atah Adon'ai, Elo'heinu, Melech Haolam, Asher Kidishanu Bimitzvosav Vitzivanu, Lihafreesh Challah Min HaIssa.

Blessed are you, Lord our G-d, king of the universe, who has made us holy through His commandments, and has commanded us to separate challah from the dough.

לוקחים חתיכה קטנה מן העיסה, מרימים אותה ואומרים:

"הרי זו חלה"

Separate dough, hold up and say - *Zeh Yehay Challah Al Kol HaIssa* (This shall be challah on all the dough)