

Challah

made by Judy Minsley and taught to our sisterhood

Recipe comes from Carol Wolfe, mother of one of CTOs first student rabbis.

1 packet regular yeast
¼ cup warm water
1 tsp. sugar
½ cup sugar
½ stick butter or margarine

1 cup milk or water
2 eggs (one for brushing loaf)
1 cup flour
¾ cups flour
sesame or poppy seeds if desired

1. Dissolve yeast in ¼ cup warm water. Add 1 tsp. sugar. Stir. Set aside to rise.
2. Put ½ cup sugar and ½ stick butter or margarine (sliced) into a large mixing bowl.
3. Scald milk or boil water and pour on top of sugar/margarine. Mix. Cool to lukewarm.
4. Add 1 egg and beat.
5. Add 1 cup flour and beat.
6. Add yeast and beat.
7. Add ¾ cups flour and knead until smooth (lightly flour board if kneading by hand).
8. Shape into ball and turn into greased bowl. Cover with damp cloth and let rise 3 hours or until doubled in bulk.
9. Punch down.
10. Decide on size and shape you'll make. For one large challah, use all the dough, or divide dough in half or thirds and follow 11A, 11B, or 11C, depending on size/shape desired.

11A. For One Braid Twist.

Divide dough into thirds and roll each piece into a rope; braid tightly, twisting ends together and tucking underneath; place on greased baking sheet (long way for 1 long loaf, short way for 2 smaller loaves, or about 6-8" long for 3 mini-loaves).

11B. For Double-Braid Twist

Divide dough into 5 equal parts; roll 3 parts into ropes and braid, twisting ends together; place on greased baking sheet (long way for 1 long loaf, short way for 2 smaller loaves, or about 6-8" long for 3 mini-loaves). Roll remaining 2 parts into ropes and twist; place on top of other braid and press down lightly, twist or tuck ends into bottom braid.

11C. For Round Challah(s) for High Holy Days:

Either lay out a spiral for the base on a cookie sheet or use 1½ quart souffle dish for large challah, two ¾-1 quart dishes for 2 loaves, or 3 smaller dishes for 3 mini loaves and pat 2/3 of dough into dishes. Divide remaining 1/3 into 2-3 pieces and twist or braid, form a circle and twist ends together on top of base **OR** make 1 large rope out of 2/3 of dough and twist into a tight circle on greased baking sheet; braid other 1/3 and twist on top of base, pressing down lightly.

12. Cover with damp cloth and let rise until doubled (about 1 hour).
13. Preheat oven to 350°.
14. Beat 1 egg and brush on challah(s) covering all surfaces well.
15. Sprinkle with sesame or poppy seeds if desired.
16. Bake 30-35 minutes.
17. Cool on rack. Freeze if desired.