

Regular Challah

INGREDIENTS

- 1/2 cup lukewarm water
- 6 Tablespoons vegetable oil
- 1/4 Cup sugar
- 1/4 Cup honey
- 2 large eggs
- 4 Cups Unbleached Bread Flour
- 1 1/2 Teaspoons salt
- 1 Tablespoon instant yeast
- GLAZE 1 large egg beaten with 1 tablespoon cold water

INSTRUCTIONS

1. Place water, yeast, sugar, honey, salt in a big bowl.
2. Allow yeast about 10 minutes to proof. (foam)
3. Add eggs and oil and mix well.
4. Add Flour all at once and mix with hands or large fork until dough forms.
5. Turn out onto a floured surface and knead until dough is smooth and firm.
6. Place dough into a large oiled bowl covered with a towel or plastic bag sprayed with Pam. Allow to rise until dough is tripled in size (1 to 2 hours)
7. Turn out onto floured surface, remove a piece of dough, the size of a quarter. Recite the following bracha (blessing) just prior to separating the challah:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַפְרִישׁ חֻלָּה

Transliteration: BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM A-SHER KID-SHA-NU B'MITZ-VO-TAV V'TZI-VA-NU L'HAF-RISH CHAL-LAH

Translation: Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His commandments and commanded us to separate challah.

8. The separate piece should be burned prior to baking the challah until it is charred on the outside, then wrapped in cellophane and discarded.
9. Next step: divide the dough into pieces, the number depending on what kind of braid you want to make. You may braid the challah the traditional way, into a three-strand braid, or 4 strand or 6 strand.
10. Gently pick up the braided loaf, and place it on a lightly greased or parchment-lined baking sheet.
11. Cover the loaf with lightly greased plastic wrap, and let it rise until it's very puffy, 90 minutes to 2 hours at cool room temperature. Towards the end of the rising time, preheat the oven to 375°F.
12. To make the glaze: Whisk together egg and water. Brush the glaze over the risen loaf.