

Honey Whole Wheat Challah

Jacob · 28/09/2024



Prep Time

2 hrs 30 mins

Difficult

Medium

Servings

3 hrs 45 mins

Description

Challah the delicious and beautiful braided bread traditionally served at the Friday night Jewish Sabbath meal is made with the addition of whole wheat and sweetened with honey This slowrise recipe is designed for flexibility so splitsecond timing isnt necessary This is a wonderful bread for a firsttime breadmaker Braid with a 3 or 4strand braid and sprinkle with sesame or poppy seeds

Ingredients

- - 2 teaspoons active dry yeast - 2 ½ cups warm water (110 degrees F/45 degrees C) - 1 cup bread flour - ½ cup vegetable oil - ½ cup honey
- or more to taste - 3 eggs - 2 teaspoons salt - 2 cups bread flour
- or more if needed - 3 cups whole wheat flour
- or more if needed - 1 egg - 1 teaspoon water - ¼ cup sesame seeds

Instructions

1. In a large bowl
2. mix yeast
3. warm water and 1 cup of bread flour into a thin batter
4. and let stand until the mixture shows frothy bubbles
5. about 10 minutes. Stir in vegetable oil
6. honey
7. 3 eggs
8. and salt until well combined. Beat in 2 more cups of bread flour and the whole wheat flour
9. alternating flours by cupfuls
10. until the dough is too stiff to stir in more flour. Turn the dough out onto a floured surface
11. and knead until smooth and elastic
12. about 10 minutes
13. adding more flour if needed to form a slightly sticky dough. Form the dough into a round shape. Lightly oil a bowl
14. place the dough in the bowl
15. and turn the dough over a few times to oil the surface. Cover the bowl with a plastic bag
16. and let rise in a warm
17. draft-free place until doubled
18. 1 to 2 hours. Punch down the dough
19. knead it a few times to remove some of the bubbles
20. and cut it into 3 equal-sized pieces. Cut the first piece into 3 equal parts. Set the rest of the dough aside under a cloth to prevent drying out while you braid the first loaf. Working on a floured surface
21. roll the small dough pieces into ropes about the thickness of your thumb and about 12 inches long. Ropes should be fatter in the middle and thinner at the ends. Pinch 3 ropes together at the top and braid them. Starting with the strand to the right
22. move it to the left over the middle strand (that strand becomes the new middle strand.) Take the strand farthest to the left
23. and move it over the new middle strand. Continue braiding
24. alternating sides each time
25. until the loaf is braided
26. and pinch the ends together and fold them underneath for a neat look. Repeat for the other 2 loaves
27. place them on a baking sheet lined with parchment paper
28. and let rise until doubled
29. 45 minutes to 1 hour. Preheat an oven to 350 degrees F (175 degrees C). Beat 1 egg with 1 teaspoon of water in a small bowl
30. and brush the egg mixture over the braided challah loaves. Sprinkle with sesame seeds. Bake in the preheated oven until the tops are a deep golden brown and the loaves sound hollow when tapped on the bottom
31. about 40 minutes. Cool on a rack before slicing. Cook's Note If you need to slow down the rising process -- say
32. you make the dough on Wednesday evening
33. but want to bake it on Thursday evening- after you've placed the dough ball in the bowl
34. refrigerate it until Thursday morning. This should slow the yeast's growth so that you can leave it out on the