



D39s Whole Wheat Challah

Jacob · 28/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

3 hrs 50 mins

Description

This is a slightly heartier Challah bread recipe with the same great taste Very easy The recipe can be easily cut in half for a medium sized loaf Sprinkle with oats poppy seeds or whatever strikes your fancy

Ingredients

- - 2 (.25 ounce) packages active dry yeast - 1 cup warm water (100 degrees F or 38 degrees C) - ½ cup granular no-calorie sucralose sweetener (such as Splenda®) - ½ cup butter at room temperature - 2 teaspoons salt - 3 eggs - 2 cups whole wheat flour - 2 cups all-purpose flour - ½ cup rolled oats
- slightly crushed - 1 egg
- beaten

Instructions

1. Mix the yeast and water together in a large bowl
2. and let stand until a creamy layer forms on top
3. about 5 minutes. Beat in 3 eggs
4. sweetener
5. butter
6. whole wheat flour
7. all-purpose flour
8. and rolled oats. Turn the dough out onto a floured surface
9. and knead until smooth and elastic
10. 5 to 10 minutes. Form the dough into a compact round shape
11. and place in an oiled bowl. Turn the dough over several times in the bowl to oil the surface of the dough
12. cover the bowl with a damp cloth
13. and let rise in a warm area until doubled in size
14. about 2 hours. Punch down the dough
15. and cut into 3 equal-size pieces. Working on a floured surface
16. roll the 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
17. move it to the left over the middle strand (that strand becomes the new middle strand.) Take the strand farthest to the left
18. and move it over the new middle strand. Continue braiding
19. alternating sides each time
20. until the loaf is braided
21. and pinch the ends together and fold them underneath for a neat look. Place the braided challah on a baking sheet lined with parchment paper. Cover the loaf with a dry cloth
22. and let rise in a warm spot until doubled
23. about 1 hour. Preheat oven to 350 degrees F (175 degrees C). Brush the loaf with 1 beaten egg
24. and bake in the preheated oven until golden brown
25. 30 to 40 minutes. Let cool before slicing.