

BRAIDED BREAD

THE MITZVAH OF CHALLAH



RECIPE FILE

SEPARATE THE CHALLAH

LE' HAF'RISH CHALLAH

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THE STAFF OF LIFE

Most of us think of “Challah” as the bread we eat on Shabbat and holidays. Originally, however, Challah referred to the small piece of dough that was set aside for the kohen (priest) when making bread (Numbers 15:20).

Today, we separate and burn a small piece of dough when making bread in remembrance of the portion given to G-d (through the Temple priests) in ancient times. This ritual reminds us that sustenance ultimately comes from G-d and transforms baking bread into a spiritual act.

THE BLESSING

Once your Challah dough is made, and has risen, but before you cut or shape the dough, you recite the following blessing:

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו להפריש חלה ומן העיסה.

Ba'ruch a'ta aido'nai elo'hei'nu me'lech had'lam, asher kid'sha'nu be'mitz'vo'tav ve'tzi'va'nu le'haf'rish challah
 [some add: *min ha'isah*].

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 [some add: from the dough].

Some customs call for you to lift the separated dough and say:

הרי זו חלה Ha'rei zo challah This is Challah

Recipe

Ingredients

- 2 TBs salt
- 3/4 cup oil
- 5 lb. bag of BREAD flour
- 1 whole egg + 3 yolks
- 1 1/2 cups sugar
- 4 TBs dry yeast
- 4 1/4 cups warm water



Procedure

1. Place all ingredients in a mixer or large bowl in the order of the recipe.
2. Knead for 10 minutes. (The dough should be pliable, smooth, and non-sticky when done. If sticky, add more flour.)
3. Lightly brush a large bowl with oil and place dough in bowl. Cover with plastic wrap or kitchen towel, and let rise for 45 minutes to one hour.
4. Once dough has risen, punch down to get out the air bubbles. Roll out dough and braid.
5. Place the braided dough on a baking sheet. Cover and let rise for another 45 minutes.
6. Just before baking, beat 1 egg with 1TB of water. Lightly brush mixture on top and sides of loaves.
7. Sprinkle sesame or poppy seeds on top as desired.
8. Bake uncovered at 350 degrees for about 30 minutes. When done, the Challah should sound hollow when tapped with a wooden spoon. Place on wire rack to cool.

