

ALL WE KNEAD IS LOVE

The Shabbos Project

KEEPING IT TOGETHER



Challah is undoubtedly the food of Shabbos! It's customary to have two challahs on Shabbos for every meal - Friday night, Shabbos lunch and the Third Meal.

You can buy challahs at your local kosher bakery, or you can make your own challah, filling your home with the delicious smell of freshly baked challah on Friday. Follow this foolproof recipe and make your challahs your own by choosing three, four or even six braids and topping them with your family's favourite toppings.

Get the whole family involved in the mixing, kneading and plaiting!

INGREDIENTS

Yeast 2 sachets | ½ oz | 14 g
Sugar 1 cup | 8 oz | 240 ml
Oil 1 cup | 8 fl oz | 240 ml
Two eggs
Water 4½ cups | 40 fl oz | 1250 ml
Flour 2 kg | 70 oz
Salt 2 tbsp | 1 oz | 40 g

EQUIPMENT

1 very large bowl
1 tablespoon
1 cup
1 whisk



Prepared before Shabbos

WIN!

Before Shabbos, post to [@theshabbosproject](https://www.facebook.com/theshabbosproject) on FB to win great prizes!

WIN!

- 1 Place the yeast into a bowl with ¼ cup water and sugar. Let the yeast dissolve.
- 2 Add half the sifted flour, salt and eggs followed by the remaining water.
- 3 Knead, add the oil, and knead again.
- 4 Add the remaining flour a little at a time while kneading until you have a dough that isn't sticky anymore.
- 5 Cover the dough with a blanket and let it rise for 1-2 hours.
- 6 If you have used 1.66 kg | 59 oz or more of flour recite the following blessing:

Baruch Atah Ad-onai, Elo-heinu
Melech Ha-olam, Asher Kid'shanu
B'mitzvotav, V'tzivanu L'hafrish
Challah Min Ha-isa.

ברוך אתה ה' אלהינו
מלך העולם. אשר אשר
קדשנו במצותיו, וצונו
להפריש חלה מן העיסה.

Blessed are you, L-rd our G-d, King of the Universe, Who has made us holy through His commandments, and has commanded us to separate challah from the dough.

Separate a small piece of dough. Once it is detached, say:

Harei zo challah

הרי זו חלה

This is challah

If you have used 1.2 kg | 42 oz or more of flour, separate a small piece of dough. Once it is detached, say:

Harei zo challah

הרי זו חלה

This is challah

- 7 Wrap the piece of dough in foil and burn it in the oven on its own. Alternatively, wrap it up and dispose of it.
- 8 Braid your challahs.
- 9 Brush your challahs with some egg to make them shiny.
- 10 You can sprinkle them with sesame or poppy seeds.
- 11 Bake the challahs in the oven at 180° C | 350° F for about 25 minutes.