



Alpha Epsilon Pi

DEVELOPING LEADERSHIP
for the JEWISH COMMUNITY

Challah Recipe (Bread Machine or Stand Mixer directions at the end) Adapted from Chef Ruth Ross by Rabbi Phyllis Sommer

2 large eggs (2 oz each)
10 oz water
4 oz vegetable oil
1 oz vanilla (optional)
4 oz sugar
3/4 oz yeast (22 grams)
3/8 oz salt (11 grams)
26 oz bread flour (can sub in AP, or half AP and half bread)

Place ingredients in the pail of a bread machine in the order listed. Set machine for “dough.” After cycle is finished, the dough is ready to be formed. Remove dough from pail and place on a silpat-lined (or parchment paper) cookie sheet (no extra flour is required). Divide and roll into strands, braid. Allow to rise until doubled (poke a hole in the side, if it stays, the dough is doubled) for about an hour or more. Preheat oven to 365 degrees. Brush with glaze (1 egg beaten with 1 tablespoon water). Garnish if desired (poppy seeds, sesame seeds, sprinkles, sugar). Bake until golden brown and until an instant read thermometer of the internal temperature reaches 190 degrees (about 20-30 minutes, depending on the size of your challah - I can get several small ones or two large)

Tips:

- Measuring ingredients by weight is the key to perfect challah every time. The bread machine helps with that too. A Mixmaster will do the job as well. Knead with the dough hook until it passes the “windowpane” test, then allow to rise.
- Bread flour is important (I like King Arthur flour, no endorsement).
- Baking to an internal temperature is a foolproof way to see if the challah is done. Baking is, at its core, science.
- Mix-ins: When you make the strands, flatten them out and add any fillings (Nutella, mini chocolate chips, cinnamon sugar) and then carefully roll up around the filling to create a filled strand. Then braid as desired.
- To make a more savory challah, you can reduce the sugar to as low as 1 ounce. You must put in at least 1 ounce to give the yeast something to snack on.
- **Stand Mixer instructions:** Let yeast and water proof for 15 minutes then dump all ingredients in a stand mixer and mix with the dough hook. Do a first rise of 45 mins to 1 hour, a second of 1/2 hour then braid and rise for an additional 1/2 hr.