

Challah

EQUIPMENT

Mixing Bowls, Stand Mixer with Dough Hook Attachment, Scales, Large Perforated Baking Tray, Baking Paper, Cooling Rack, Pastry Scraper, Pastry Brush

INGREDIENTS

500gm Plain Flour, 10gm Instant Yeast, 50gm Caster Sugar, 2 Whole Eggs, 55gm Vegetable Oil, 220gm Warm Water, 7gm Sea Salt

METHOD

Place yeast, sugar and water into a mixing bowl and whisk together until well combined. Set this mixture aside for 5 minutes until 'foaming'.

Once the yeast mixture has foamed add 1 whole egg and vegetable oil and whisk until combined.

Place flour and salt into the bowl of a stand mixer, add the liquid ingredients to the flour and set the mixer on medium speed and mix for 5-7 minutes.

Once mixed remove the dough from the bowl and briefly knead by hand, place the mix in a clean lightly oiled bowl and into the oven steam setting 35°C for 30 minutes to prove.

Once proved remove the dough from the bowl and 'knock back' the dough. Cut the dough in half and then cut each half into 3 equal size pieces. Roll the six pieces into 20-30cm long thin sausages.

Lay three dough pieces out in front of you and pinch the ends together to seal, plait the dough and once at the end pinch the end to again seal the plait. Place the loaf on a baking tray lined with baking paper and repeat with the remaining dough.

Cover the dough with a tea towel and leave on the bench to prove again for a further 15 minutes.

Whisk the remaining egg and brush the entire surface of the loafs with the egg wash, place into a preheated oven 180°C Combi Mode with a high level of steam (75%) and bake for 25-30 minutes until golden brown.

Once baked remove the challah from the oven and place onto a cooling rack to cool before serving.

HINTS & TIPS

Challah is a speciality Jewish bread usually saved for major Jewish holidays or Shabbat, due to the slight sweetness of the bread and unique texture it has become more popular outside of the Jewish community.

Try adding some sesame seeds to the loaf to give a different look and taste to the finished product. Also any shape can be made but the main two are oblong (as we have done here or round) don't forget to practice your plaiting technique.