



Challah Recipe

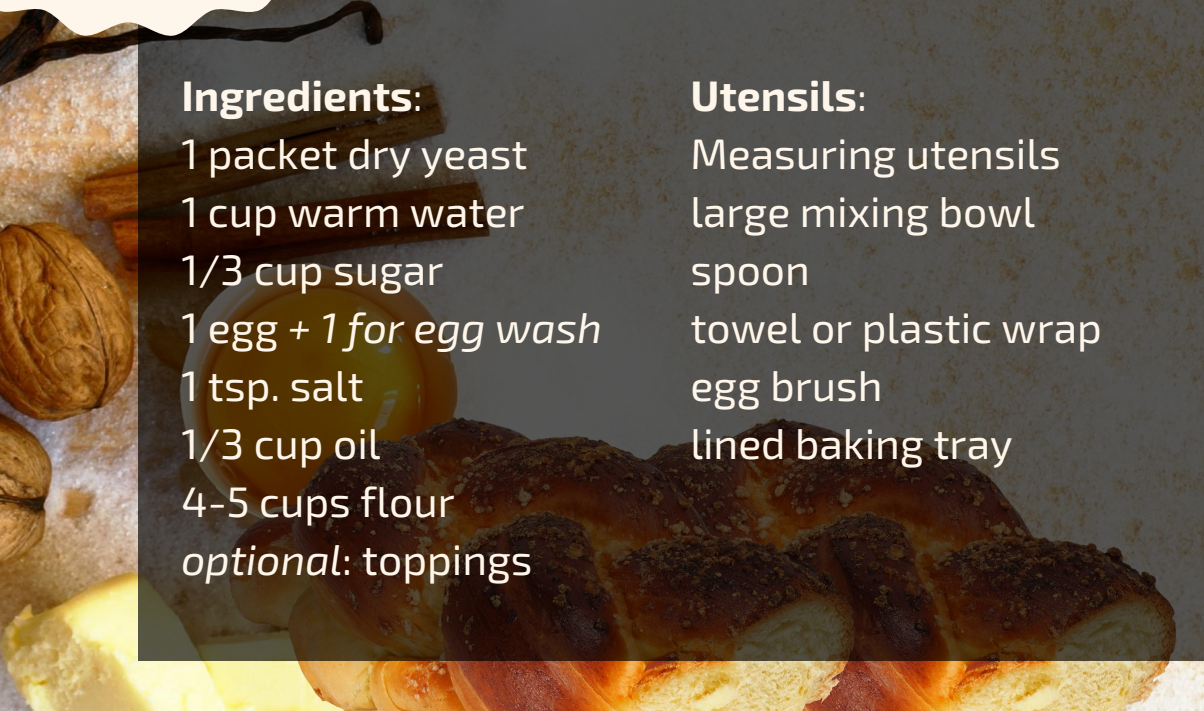
makes 2 medium loaves

Ingredients:

1 packet dry yeast
1 cup warm water
1/3 cup sugar
1 egg + 1 for egg wash
1 tsp. salt
1/3 cup oil
4-5 cups flour
optional: toppings

Utensils:

Measuring utensils
large mixing bowl
spoon
towel or plastic wrap
egg brush
lined baking tray



What is Challah?

Challah is the name we typically call the bread traditionally eaten on Shabbat and Jewish Holidays. The origin of the term Challah refers to an ancient Jewish tradition of separating a small portion of the dough before braiding. This portion of dough is set aside as a tithe to support the Cohen and his family, the descendants of Aaron the High Priest, renowned brother of Moses.

In ancient times, when the Jewish people first inhabited the Land of Israel, one of the many gifts they were commanded to give to support the Cohen was a portion of their dough --"the first and the best."

Although this practice of giving to the Cohen is no longer in place today, Jewish people have continued with this timeless tradition in commemoration of this great Mitzvah and in anticipation of the future temple in Jerusalem.

How To Separate Challah

1. Challah is separated after the dough has risen, before it has been divided and shaped into loaves.
2. Recite the following blessing before separating Challah:

Baruch Atah, Ah-do-noi E-lo-hey-nu Melech Ha-olam A-sher Kid-shanu B'mitz-vo-tav Vi-tzi-vanu Li-ha-frish Challah.

3. Remove a piece of dough approximately the size of an egg—about 1 oz.
4. Say "Harei zeh Challah" ("This is Challah"). Wrap the piece in foil and bake (separately from the loaves) until burnt.