

## Amy Steiner's Challah Recipe

### Part I

Yield: 1 Large Loaf or 2 Regular Loaves

#### Set Up

##### Equipment

Mixing bowl + cover  
1 cup liquid measuring cup  
Dry measuring cups (¼ cup, 1 cup)  
Measuring spoons (Tsp., Tbs.)  
Dough whisk  
1 gallon size zip-top or reusable bag  
2 small prep bowls

##### Dough Ingredients

1 packet of instant or active dry yeast (= 2  
¼ tsp.)  
1 cup warm water  
4 Tbs. sugar  
5-6 cups bread flour, or more  
2 L or XL eggs  
¼ cup honey  
½ cup canola or vegetable oil  
2 tsp. kosher salt

#### Prep

Measure 4 Tbs. of sugar into one of the small prep bowls

Measure ¼ cup of honey and place it near the sugar.

Crack two eggs into the other small prep bowl and put it near the honey and sugar.

#### Make the Dough!

##### Step 1

- Add 1 cup of warm water to mixing bowl
- Sprinkle yeast over water
- Sprinkle approx. 1 tsp. sugar over yeast
- Wait until yeast starts to bloom – you'll see little "fireworks" in the bowl

##### Step 2

- Add remaining sugar, eggs, and honey
- Mix well with the dough whisk

##### Step 3

- Add a scant cup of flour
- Mix well (it's okay if you see little lumps of flour)

##### Step 4

- Add oil and salt
- Mix well

**Step 5**

- Add more flour, a little bit at a time, mixing well after each addition.
- When too difficult to mix with the whisk, start using a bowl scraper or your hands.
- Continue to add more flour, just a little bit at a time, until the dough is not too sticky.
- Be careful to add flour sparingly. A little sticky is okay.
- Knead the dough!

**Step 6**

- Form the dough into a ball.
- Drizzle a little bit of oil lightly over the ball of dough.
- Cover the bowl and let the dough rise until it doubles in size OR place the dough in a zip-top or reusable bag and put the bag in the fridge to rise overnight.
- Clean up!

## Amy Steiner's Challah Recipe Part II

### Set Up

#### Equipment

Sheet pan/s or cookie sheet/s  
Parchment paper  
Bench knife  
2 small prep bowls  
Fork  
Pastry brush  
Instant-read thermometer

#### Ingredients

Dough from Part 1  
1 L or XL egg (for egg wash)  
Small amount of flour for dusting counter  
Honey (optional for egg wash)  
Toppings and/or fillings (optional):  
sesame seeds, poppy seeds, "everything  
bagel mix," chocolate chips, raisins,  
cinnamon sugar, finely diced apples

### Prep

- If dough has been in the refrigerator, take it out and let it come to room temperature/complete the first rise (2 – 3 hours, depending on environment).
- Line baking sheet/s with parchment paper.
- Crack egg into prep bowl and beat it with the fork (add water and a few drops of honey, if using).
- Put a few teaspoons of flour into a small bowl that you can use to dust the countertop and dip your fingertips into when shaping the dough.

### Shape!

Once the dough has doubled in size...

- Lightly flour your counter.
- "Punch it down," by forcing out the gas that has built up inside the dough. This can happen just by taking it out of the bowl or bag.
- Put the deflated dough on your lightly-floured counter.
- Use a bench knife or non-serrated knife to divide the dough into the number of loaves you're making and then into the number of strands you will need for shaping each loaf.
- Shape the dough.
- Place the shaped loaf/loaves onto parchment-lined baking sheet/s.
- If you haven't already, crack the egg and beat it with a fork. (You may add a splash of water and honey, both optional, to make an egg wash.)
- Use a pastry brush to gently "paint" the shaped challah dough with the beaten egg/egg wash.
- Let the shaped challah rise for approx. 45 minutes (challah should look "puffy" after this second rise).
- While the challah is rising for the second time, pre-heat your oven to 350°F.

**Bake!**

- For a darker, shinier crust, brush the challah dough one more time with the beaten egg.
- If using poppy seeds, sesame seeds, or "everything" mix, add them now. The wet egg coating will help them stick to the challah.
- Bake the challah in the center of your oven for approx. 40 minutes, but check for doneness starting after 30 minutes.
- When done, the challah should sound hollow when knocked and it should register 190° on an instant read thermometer.
- Transfer the loaf/loaves to a cooling rack. Allow challah to cool until warm before cutting. (If too hot, the challah will squish down when you cut it.)

**EAT and ENJOY!**

*Adapted from Katja Goldman's Weekly Challah Recipe taught at Heschel*