

חלה

EASY WHOLE-WHEAT CHALLAH

4 cups warm water
3 Tbsps. (4 pks) yeast
½ cup oil
½ cup honey
4 eggs
12 to 13 cups flour
1 Tbsp salt

GLAZE

1 egg, well beaten
Poppy/Sesame seeds
YIELDS: 6 loaves

Pour water into large mixing bowl. Add yeast and stir.

Add oil, honey, and eggs. Stir in about 5 cups of flour.

Let the mixture rest for about 45 min. to 1 hour until it bubbles. This is the first rising.

Add salt and stir in most of the remaining flour. Lightly flour a board or countertop, and knead the bread for 7 to 10 minutes until mixed. As you work, only add enough flour to allow you to handle the dough.

Separate *challah* with a blessing. Grease pans or sheets. Braid the dough and place in pans or on sheets and let rise for 45 min. to 1 hour.

Preheat oven to 350°. Burn *challah*.

Glaze the loaves with well beaten egg and sprinkle poppy seeds. Bake until brown, 45 to 50 min. Remove from oven and let cool on rack.

A piece of dough about one ounce should be separated and burned in the oven. This is usually placed in a piece of aluminum foil and burned while the dough is rising. This should be removed before baking the challah.

BLESSING:

Before separating the challah say:

ברוך אתה יי. אלהינו מלך העולם. אשר קדשנו במצותיו וצונו להפריש חלה.

Blessed are You, O L-rd our G-d, King of the universe, who has sanctified us by His commandments and commanded us concerning the separation of Challah.

After separating the challah declare:

הרי זה חלה.

Harai zeh challah

This is challah.