

LIVE BRAID



HERE

I AM

Thank you
for your support
Challah Prince!



LIVE EVENT ON NOVEMBER 30, 2023 @ 9AM PST

REMEMBER!
you control
THE DOUGH



CHALLAH PRINCE'S RECIPE

Ingredients

DOUGH

White wheat flour ----- 1kg / 2.2 lbs (7 cups) ----- 2.27 Kg / 5 lbs (15 cups)

Active dry yeast ----- 14g (1½ tbsp) ----- 30g (3¼ tbsp)

Sugar ----- 100g (½ cup) ----- 220g (1¼ cup)

Salt ----- 20g (1 tbsp) ----- 44g (2¼ tbsp)

Sunflower or olive oil ... 100g (½ cup) ----- 225g (1¼ cup)

Water ----- 450g (2 cups) ----- 1020g (4¼ cup)

Egg Wash (2 Egg yolks) and Sesame seeds for toppings.

This recipe will yield about 1650g of dough (2.2lbs) / 3800g (5lbs). I strongly recommend weighing each ingredient with a kitchen scale to avoid inconsistencies: due to the variations in density in how you'll fill your cups or spoons, you will not be able to reproduce the recipe over time.

Instructions

MAKING THE DOUGH

Pour all the dry ingredients into the mixer bowl.

Add half of the amount of the water and the oil and start kneading, using a dough hook at a slow speed for about two minutes, until the water is completely absorbed.

For kneading by hand, one hand stirs the mixture, while the other holds the bowl. At this point, I love to give the dough my full attention. Being present is part of the process.

Pour the rest of the water, and only when the ingredients have been fully incorporated, continue kneading on a medium speed for 10-13 minutes until you get a flexible, smooth and soft dough. Not sticky and not too dry.

FIRST RISING

In a slightly greased bowl, place the dough rolled into a nice smooth ball. Rub some oil on top of the ball before covering it with saran wrap/plastic or a damp kitchen towel and let it rise at room temperature until it doubles in size.

A humid environment for our dough will support the fermentation/rising stage and will prevent the dough from drying out. A cold room will slow down the activity of the yeast and might prolong this stage.



DIVIDING THE DOUGH

Divide the dough into defined weighted smooth balls.

The number and weight of each ball will depend on the type and size of Challah you'll be making.

Each ball represents a strand that will be used to braid.

Cover the balls with plastic or a towel for an additional 15-25 minutes.

ROLLING AND BRAIDING

Release the air from each ball by gently pressing and folding it with your hands and rolling it into a strand.

If the dough does not roll or stretch properly, DO NOT force it. Most likely, it will tear the dough and ruin the gluten structure. Give it another 3-4 minutes of rest while covered.

Braid into a Challah using Challah Prince's videos and instructions.

SECOND RISE AND BAKE

Place your Challah on a cooking sheet with baking paper, cover it with a clean towel and leave it to rise for about 40 minutes, until the Challah nearly doubles in size.

Depending on your oven, the duration of preheating may vary. Have your oven ready by the time the Challah is ready to go in.

Wash the Challah with the egg yolk and top it with sesame seeds

Only using the yolk will give your loaf a shine and darker golden color.

Place the Challah in a preheated oven at 180°C / 360°F without convection. Bake for around 25-30 minutes until the Challah becomes golden and brown all around the surface.

The baking temperature and time can be different considering different ovens and the size of the final product.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַפְרִישׁ חֻלָּה תְּרוּמָה

BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH
HA-O-LAM A-SHER KID-SHA-NU B'MITZ-VO-TAV
V'TZI-VA-NU L'HAF-RISH CHALLAH TRUMA

(בנוסח אשכנז אומרים: חֻלָּה מִן הָעֵיסָה)

(Ashkenazi form: CHALLAH MIN HA'EESAH)

מפרידים חתיכה קטנה מן העיסה, מרימים אותה ואומרים:

Separate a small piece of dough, lift your hand, and say:

הַרִי זוּ חֻלָּה

HAREY ZU CHALLAH

This is challah



Jewish
Prayer over the
Challah.

