

The Feasts for Families

The Spring Feasts

A thematic unit
for learning about
and celebrating
Passover
through Shavuot

HOW TO MAKE
AND BRAID
CHALLAH BREAD



The Feasts for Families

Passover and Shavuot

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Challah Recipe

Contributed by Dr. Kimberly Goldman from www.familynatural.com

Ingredients:

- 1-3/4 cup water
- 1/3 cup oil
- 2/3 cup honey
- 1-1/2 Tablespoon yeast
- 2-1/2 teaspoon salt
- 3 eggs, plus another beaten egg set aside for brushing on later (4 eggs total)
- 7-8 cups freshly ground whole wheat flour
- 1/4-1/2 cup raisins

Directions:

1. Combine water, oil, honey and yeast, and 3 eggs.
2. Add half the flour and salt, mix. Add the rest of the flour and knead until smooth and elastic (about 10-15 mins by hand or about 5-6 mins in KitchenAid stand mixer).
3. Let rise till doubled. Shape, adding raisins if desired.
4. Brush with beaten egg, let rise until doubled again.
5. Bake at 325 degrees for about 25 mins. Brush again with beaten egg for the last 5 mins of baking.

This recipe makes 2 small loaves (usually a regular 3 braid) or one large (4 or 6 braid).



Braiding Challah

There are many ways to braid a challah loaf. One favorite way is with four strands. Here are some directions. Try it!

1. Make four equally sized balls of dough.
2. Roll each one into a long strand.
3. Lay the strands out, side by side, and then pinch the tops together.
4. Grab the strand farthest to the right and slide it **under** the two strands on its left. (It is now in the #2 position.)
5. Take that same strand and twist it **over** the strand on its right. (Now it is in the #3 position.)
6. Repeat, but starting with the strand on the far left (slide under two, twist back over one).
7. Keep repeating this pattern until you get to the end of the loaf.
8. Tuck the ends under at the top and bottom of the loaf.