

Enjoy making your very own challah with your family  
following the simple easy step recipe below!

Let us know how it goes!

### **Recipe for Making Challah!**

#### **What you need:**

**1 tsp. sugar**  
**1/2 cup warm water**  
**1 pkg. yeast**  
**1/2 cup oil**  
**1/2 cup warm water**  
**1/4 cup sugar**  
**2 tsp. salt**  
**2 eggs**  
**3 1/2 to 4 cups flour**  
**poppy or sesame seeds**  
**1 egg beaten with 1 tsp. water**

Dissolve sugar in 1/2 cup warm water in a large mixing bowl which has first been rinsed with hot water. Sprinkle yeast on top and let stand for 10 minutes. Stir to dissolve. Combine with oil, warm water, sugar, salt, eggs and half of the flour.

Beat well. Stir in remaining flour. Dough should be sticky.

Cover dough and let rest for 10 minutes. Turn out onto a floured board and knead for 10 minutes, adding flour as needed.

Round up in a greased bowl. Cover and let rise in a warm place until double in bulk, about 1 1/2 to 2 hours. Punch down, cover and let rise again until double, about 45 minutes.

Divide dough into 3 equal parts. (If you want to make 2 smaller challahs, first divide dough in half, then divide each half into 3 equal parts.)

Shape into strands. Place on a lightly greased baking sheet and braid loosely. Fasten ends securely. Cover with a damp cloth and let rise until double. Brush with beaten egg yolk and sprinkle with seeds. Bake at 400°F for 30 minutes, until golden brown. (If making 2 smaller challahs, baking time will be about 25 minutes.)

## 10 Key Reasons to Make Challah!

- 1—Instill spirituality and gratitude into your home by saying the blessing!
- 2—Learn how to make, knead, braid and bake from scratch!
- 3—Practice Braiding! Follow the link below to learn how to make a 6-braided challah!  
<http://www.youtube.com/watch?v=GA2mG2neGlc>
- 4—Make the kitchen smell good for the whole weekend!
- 5—Have a ladies carbohydrate night!
- 6—Create mother-child and/or family bonding time in the kitchen!
- 7—Start a Shabbat-preparation cooking club!
- 8—Create community by making and breaking bread at the Shabbat table!
- 9—Feel accomplished!
- 10—Get your child to try new foods (by baking them into the Challah)!

## The Blessing on the challah!

**בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצֵיא  
לֶחֶם מִן הָאָרֶץ.**

BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM

HA-MO-TZI LE-CHEM MIN HA-A-RETZ.

Blessed are You, L-rd our G-d, King of the Universe,

Who brings forth bread from the earth.