



## CHALLAH - JEWISH CELEBRATION BREAD

### Ingredients to make one plaited loaf

- 250g strong white flour
- 3g salt
- 5g dried yeast
- 70g warm water
- 20g honey
- 1.5 eggs ie 75g (half an egg left to glaze the loaf before baking)
- 30g butter at room temperature
- 10g poppy seeds to scatter on top after glazing with egg



### Method

Mix everything together except the butter and poppy seed. Knead until the gluten begins to develop then add the butter. Keep on kneading until you have a supple and well developed dough with plenty of stretch.

Put it in a covered bowl and leave it for **at least an hour** to double in volume before knocking it back by gently punching the gas out of it. Let it rise again for **about an hour**.

Divide the dough into five equal pieces approximately **85g**. Gently roll each piece out, first with one hand then with both moving from the centre of the dough to the outside. The gluten will make the strand creep back and it will may take two or three goes, with a minute or two's relaxation between to get the strands stretched to the **30 cm (12")** or so required to fit the baking tray.

Use a dab of water to glue the strands together at one end then dust the strands with a little flour to stop them sticking to each other. Plait using the diagram below. Numbers refer to the position of the strands where they are at any given moment, counting 1 as being the left-most strand. In other words, the numbers of the strands do not travel with them as plaiting proceeds. The sequence is:

**2 over 3, 5 over 2, 1 over 3**

Lay your plait on a baking tray and brush it twice with beaten egg, then sprinkle with poppy seeds. The proof in shape will take about **40 minutes**. Bake at **190°C for about 45 minutes**. Watch that it doesn't darken too much and cover it with paper if it needs protection.

