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SP.287 / 5.S15 / ESG.SP287 Kitchen Chemistry
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Challah (Braided Bread)

Adapted from the Guggenheim Family, Zurich Switzerland.

Ingredients:

- 1 package of dehydrated yeast ($2\frac{1}{4}$ tsp.)
- $\frac{1}{2}$ cup of sugar
- 2 cups water at 115 – 120 °F
- enough flour to make a dough (about 5-6 cups)
- 1 tbsp. Salt
- 2 tbsp. Oil
- 1 egg
- Cooking spray
- egg yolk

Method:

- Mix together water and sugar. Make sure the temperature of the solution is between 110 – 115 °F.
- Sprinkle a package of yeast over top and let sit for 10 minutes.
- Mix together egg, oil and salt. Add to yeast mixture
- Mix in the flour. The total amount of flour will be between 5-6 cups. Add 2 cups of flour and mix. Then add another 2 cups and mix well. Gradually add the rest of the flour to make a dough that is able to come off the sides of the bowl.
- Knead together until the dough is shiny and elastic
- Spray cooking spray on bowl. Place dough into bowl and flip until covered with cooking spray.
- Cover with a piece of plastic wrap, which has been sprayed with cooking spray and also a towel. Let rise in a warm place (works best if the temperature of the dough is between 85 – 95 °F) until double in bulk. This will take about 1 hour.
- Carefully punch down and divide the dough into pieces to be braided.
- Braid the bread and cover with the plastic wrap and towel to let rise for about 30 minutes (half the amount of time as the first rising).
- Mix together equal parts of egg yolk and water. Brush egg yolk mixture on top of dough.
- Cook at 350°F for 35-45 minutes or until it sounds hollow when tapped