



The Shibolim Challah Guide



By Yossi & Malky Levine

Table of Contents

Seder Hafrashas Challah → 5

Challah Tips & Tricks → 6

How to Braid → 8

Whole Wheat Challah

New Tradition Challah → 10

Family Favorite Challah → 12

Spelt Challah

Artisanal Challah → 16

Simple Spelt Challah → 18

Bubby's Heimishe Challah → 20

Top Your Table Raffle → 22





סדר הפרשת חלה

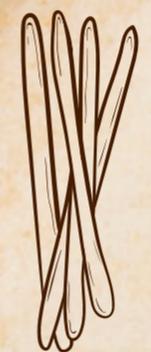


בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַפְרִישׁ
חֻלָּה מִן הָעֶסָה.

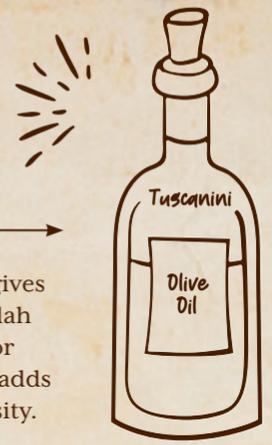
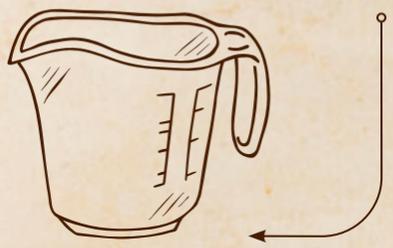
יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ. שִׁיבְנָה בֵּית הַמִּקְדָּשׁ
בְּמַהֲרָה בְּיָמֵינוּ. וְתֵן חֻלְקָנוּ בְּתוֹרָתְךָ:
וְשֵׁם נַעֲבֹדְךָ בִּירְאָה פִּימִי עוֹלָם וְכַשְׁנִים
קִדְמוֹנוֹת: וְעֲרֹבָה לָהּ מִנַּחַת יְהוּדָה
וִירוּשָׁלַיִם. פִּימִי עוֹלָם
וְכַשְׁנִים קִדְמוֹנוֹת:



Whole wheat dough needs more water since it's higher in gluten. Add water in quarter cup increments (or less) if your dough is tough or dry.



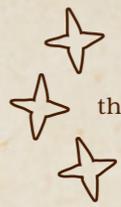
Once your strands are attached to one another and ready to braid, sprinkle some flour over the strands to prevent them from pulling and sticking to one another during braiding.



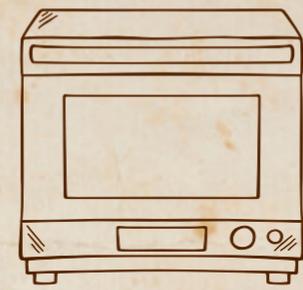
Oil gives challah flavor and adds density.



For the egg-wash, use 1 whole egg and 1 egg yolk to give your challah an extra shine.



To check if your challah is done, flick the bottom of your loaves as they come out of the oven in several places. A loaf that is done will feel light in weight and sound hollow across the entire bottom when tapped.



If you're short on time and need your challah dough/loaves to rise as fast as possible, place them in a closed oven that has only its light on. This provides a warm environment that will encourage the yeast to rise in a more efficient manner.

Spelt challah tastes best if warmed up before serving. This applies to all challah but especially spelt.



Challah Facts & Tips

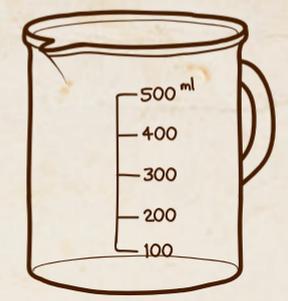


Use non-disposable metal challah pans for a more evenly-baked and crispy challah.

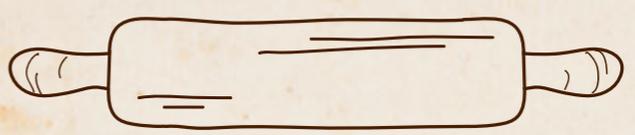
Whole grains, whether spelt or wheat, have a tougher texture. We increased the water content in the recipes to give it more elasticity.



For fluffier challah, swap out some water for seltzer. You can try half water, half seltzer.



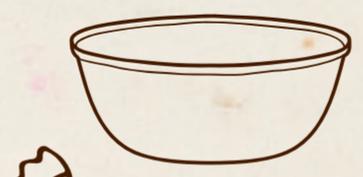
If your challah is already dark brown on the outside but not fully done on the inside, cover the top of the challah with aluminum foil to prevent from further browning, while allowing the inside to finish baking.



When creating the strands for your challah, have the center of the strands be a bit wider than the rest so that it rises nicely (taller in the center) once it's braided and placed in the pan. (This doesn't apply to round challah.)



Spelt is a fine grain with less gluten than whole wheat, thus needing less water.



To check if your dough is a good consistency, touch it with a dry finger. The dough should not stick to your hand. Keep in mind that it does get less sticky as it rises so don't try to make it too dry to begin with.

How to Braid

Round 6 Strand Challah Braiding:

1



Divide your challah into 5 or 6 equal parts (depending if you used 5 or 6 lbs of flour) and work with one part at a time.

2



Divide each part into 6 equal pieces. You can use a food scale for precise measurements.

3



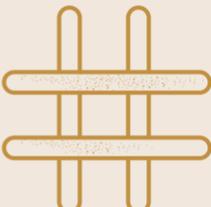
Roll each piece into an approximately 12-inch strand

4



Place the first two strands (1 and 2) vertically parallel to each other with an inch of space between them.

5



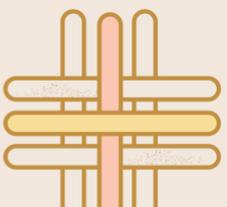
Place another 2 strands (3 & 4) horizontally, over the first two with an inch of space between them.

6



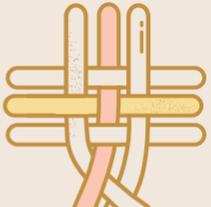
Place strand 5 vertically between strand 1 and 2.

7



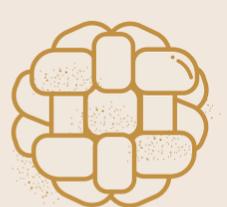
Place strand 6 horizontally between 3 and 4.

8



You will now have sets of three strands extending from the four sides. Braid each set of three, then tuck it under towards the center of the challah.

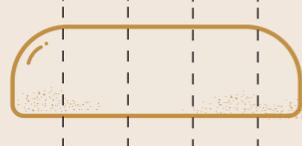
9



Place the braided challah into a greased challah pan and bake according to instructions.

Classic 6 Strand Challah Braiding:

1



Divide your challah into 5 or 6 equal parts (depending if you used 5 or 6 lbs. of flour) and work with one part at a time.

2



Divide each part into 6 equal pieces. You can use a food scale for precise measurements.

3



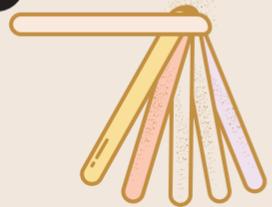
Roll each piece into an approximately 12-inch strand.

4



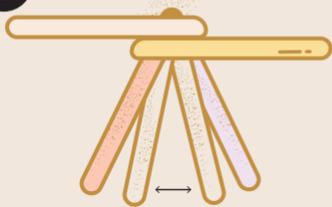
Place all 6 strands vertically side by side then pinch them together at the top.

5



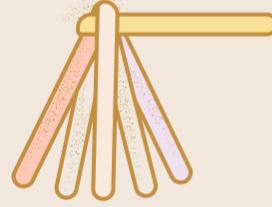
Take the right strand and cross it over to the left side.

6



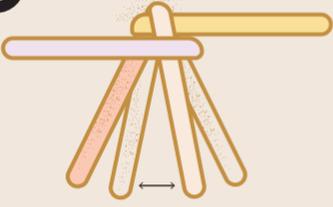
Take the second strand from the left and cross it over to the right side. Then create a small gap in the center of the four inner strands.

7



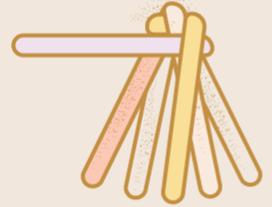
Take the left strand and bring it down to the center (in the gap created between the four inner strands).

8



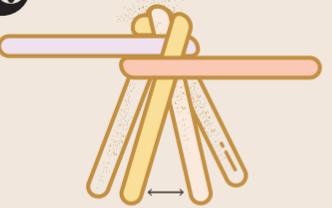
Take the second strand from the right and cross it over to the left. Create a small gap in the center of the four inner strands.

9



Take the right strand and bring it down to the center (in the gap created).

10



Take the second strand from the left and cross it over to the right. Create a gap between the 4 inner strands.

11



Repeat steps 7-11 until you reach the end.

12



Tuck both ends under the loaf towards the center and place in a greased challah pan. Bake according to instructions.

Whole Wheat Challah

New Tradition Challah

3 LB FLOUR:

- 2 oz fresh yeast
- 3 lbs 100% Shibolim Whole Wheat or Shibolim Whole Wheat Blend flour**
- 2 eggs
- ½ cup oil
- ½ cup sugar
- 3 ½ cups water
- 2 tbsp salt

6 LB FLOUR:

- 4 oz fresh yeast
- 6 lbs 100% Shibolim Whole Wheat or Shibolim Whole Wheat Blend flour**
- 3 eggs
- 1 cup oil
- 1 cup sugar
- 6 ½ cups water
- 3 ½ tbsp salt

TECHNIQUE:

Crumble yeast into a small bowl. Add 1 cup of lukewarm water and 1 tsp sugar, mix, and let it sit for 5-10 minutes until it becomes bubbly/foamy.

Pour half of the flour into the mixing bowl, make a well in the center and add the proofed yeast mixture into the well.

Add the eggs, oil, sugar and another cup of water and mix on low until it's combined.

Add rest of the flour, salt, and water, and mix until a dough is formed—approximately 7 minutes.

Cover and let the dough rise for an hour. Deflate it and knead it just a bit before starting to braid.

Divide the dough, braid the challah, and place them in greased pans, then cover and let rise for another ½ hour.

Brush the challah with egg wash and sprinkle with sesame seeds or your favorite challah seasoning.

Bake on 350 for 1 hour.

Yield for 3 lb: 3 medium-sized challah loaves

Yield for 6 lb: 6 medium-sized challah loaves



Extra Fine Whole Wheat Flour (100% ww) or Whole Wheat Blend Flour (80% ww)



Whole Wheat Challah

5 LB FLOUR:

3 oz fresh yeast

**5 lb Shibolim White
Whole Wheat flour**

3 eggs

1 cup oil

1 cup sugar

5 ½ cups water

2 ½ tbsp salt

TECHNIQUE:

Crumble yeast into a small bowl. Add 1 cup of lukewarm water and 1 tsp sugar, mix, and let it sit for 5-10 minutes until it becomes bubbly/foamy.

Pour half of the flour into the mixing bowl, make a well in the center and add the proofed yeast mixture into the well.

Add the eggs, oil, sugar and another cup of water and mix on low until it's combined.

Add rest of the flour, salt, and water, and mix until a dough is formed—approximately 7 minutes.

Cover and let the dough rise for an hour. Deflate it and knead it just a bit before starting to braid.

Divide the dough, braid the challah, and place them in greased pans, then cover and let rise for another ½ hour.

Brush the challah with egg wash and sprinkle with sesame seeds or your favorite challah seasoning.

Bake on 350 for 1 hour.

Yield: 5 medium-sized challah loaves



**White Whole
Wheat Flour
(100% ww)**



זכור ושמור · זכרהו על היין

ברוך השם ס'א"ז שבת

BHIST BHIS




Whole Spelt Challah

Artisanal Challah

3 LB FLOUR:

3 lb Shibolim Whole Spelt Flour

2 oz fresh yeast

2 ½ cups water

2 eggs

2/3 cup oil

1 ½ tbsp salt

½ cup sugar

6 LB FLOUR:

6 lb Shibolim Whole Spelt Flour

4 oz fresh yeast

5 cups water

4 eggs

1 ¼ cup oil

3 tbsp salt

1 cup sugar

TECHNIQUE:

Crumble yeast into a small bowl. Add 1 cup of lukewarm water and 1 tsp sugar, mix, and let it sit for 5-10 minutes until it gets bubbly/foamy.

Put half of the flour into the mixing bowl, make a well in the center and add the proofed yeast in the well.

Add the eggs, oil, sugar, and another cup of water and mix on low until it's combined.

Add rest of the flour, salt, rest of the water and mix for 5 minutes, let it rest for 10 minutes, mix again for 5 min and let it rest 10 minutes.

Divide the dough and start braiding right away. Place it in greased challah pans, brush it with egg wash, sprinkle with sesame seeds or your favorite challah seasoning, and let it rise for 15 minutes.

Bake on 350 for 45 min-1 hour.

Yield for 3 lb: 3 medium-sized challah loaves

Yield for 6 lb: 6 medium-sized challah loaves



Extra Fine Whole Spelt (100% whole spelt)



Whole Spelt Challah

Simple Spelt Challah

6 LB FLOUR:

6 lb Shibolim Whole Spelt Blend Flour

4 oz fresh yeast

4 eggs

1 cup sugar

5 cups water

1 cup oil

3 tbsp salt

TECHNIQUE:

Crumble yeast into a small bowl. Add 1 cup of lukewarm water and 1 tsp sugar, mix, and let it sit for 5-10 minutes until it gets bubbly/foamy.

Put half of the flour into the mixing bowl, make a well in the center and add the proofed yeast in the well.

Add the eggs, oil, sugar, and another cup of water and mix on low until it's combined.

Add rest of the flour, salt, rest of the water and mix for 5 minutes, let it rest for 10 minutes, mix again for 5 min and let it rest 10 minutes.

Divide the dough and start braiding right away. Place it in greased challah pans, brush it with egg wash, sprinkle with sesame seeds or your favorite challah seasoning, and let it rise for 15 minutes.

Bake on 350 for 45 min-1 hour.

Yield: 6 medium-sized challah loaves



Whole Spelt Blend Flour (80% whole spelt)



White Spelt Challah

Bubby's Heimishe Challah

5 LB FLOUR:

5 lb Shibolim White Spelt Flour

3 oz fresh yeast

3 eggs

1 1/4 cup oil

1/2 cup sugar

4 1/2 cups water

2 1/2 tbsp salt

TECHNIQUE:

Crumble yeast into a small bowl. Add 1 cup of lukewarm water and 1 tsp sugar, mix, and let it sit for 5-10 minutes until it gets bubbly/ foamy.

Put half of the flour into the mixing bowl, make a well in the center and add the proofed yeast in the well.

Add the eggs, oil, sugar, and another cup of water and mix on low until it's combined.

Add rest of the flour, salt, rest of the water and mix for 5 minutes, let it rest for 10 minutes, mix again for 5 min and let it rest 10 minutes.

Divide the dough and start braiding right away. Place it in greased challah pans, brush it with egg wash and let it rise for another 15 minutes.

Bake on 350 for 45 min-1 hour.

Yield: 5 medium-sized challah loaves



White Spelt
Flour



Your Yom Tov Table's time to shine

Top Your Table Raffle

1 Snap

Snap a picture of your beautifully set Yom Tov or Shabbos table—freshly baked challah included.

2 Send

Send your picture to:
Email: shibolimflour@gmail.com
Whatsapp / Text: 516.522.0735

Submission Deadline:
Wednesday, October 6, 2021 • ראש חודש חשוון

3 Win! **35** winners

Enter the drawing for a chance to win your choice of a magnificent Mefoar challah cover valued at \$150.



#1317



#1317 Leather



#1327



#1325



#1321



The balabusta's healthy choice

MEDIA/OTG



Enhance your Shabbos and Yom Tov with heavenly healthy challah. Shibolim Flour is expertly crafted to bring you all the vitamins, minerals and nutrients of the grain. Treat your family to challah that's light, fluffy, scrumptious, and good for them.



All Natural
No artificial ingredients or additives



Presifted
No checking required



3 and 5 lb. Bags
Ideal measurement for challah baking



Hashgachas Badatz and OU
Stringent Rabbinical supervision



Triple Layer Airtight Bag
Easy, no-mess bake and storage



Fresh Lock Resealable Zipper
Prevents growth of insects