

Egg-Free Spelt Challah

Recipe By *Chevy Slomovics and Raizy Janklowitz*



Cooking and Prep:  3.5 h

Serves:  6

Contains: 

Preference: Parve

Yields 6 loaves

Difficulty: Medium

Occasion: Shabbat

Diet: Vegetarian, Sugar Free,
Pescetarian

Source: Relish by Binah
Magazine

Ingredients (8)

Main ingredients

- 5 pounds **Shibolim Spelt Flour**
- 3/4 cup agave syrup
- 3/4 cup **Gefen Olive Oil**
- 4 heaping tablespoons salt

3 oz (6 tablespoons) Gefen Dry Yeast or other active dry yeast

4 cups warm water

Egg-free wash

1 teaspoon agave syrup

1/2 cup water

Start Cooking

For the Challah

1. To proof the yeast, fill a mixing bowl with 4 cups warm water. Sprinkle the yeast over the surface of the water and allow to stand for 10 minutes until it bubbles.
2. In the bowl of an electric mixer fitted with the dough hook, combine the spelt flour, agave syrup, olive oil, and salt. Mix for 3 to 4 minutes, until the ingredients are well incorporated and the dough is soft (it will have a tough, heavy texture). Smear the top of the dough with olive oil and cover with a clean dishtowel. Allow to rise for 2 hours.
3. Preheat oven to 375° F.
4. After rising, the dough should be softer and a little lighter and fluffier. (Because spelt has less gluten than regular flour, you will not be able to obtain the airiness of regular white challah dough, but it should be easy to work with nonetheless.)
5. Divide the dough into 6 even portions. Divide and braid each portion according to your preference.
6. If you can use eggs, you can brush the challah with beaten egg before baking. Otherwise, combine the agave syrup and water in a small bowl, and brush the egg-free wash onto the surface of each challah.
7. Bake at 375° F for 40 minutes, until the challoos have a golden crust.