

Delicious Whole Wheat Challah

Recipe By *Mindy*



Cooking and Prep:  2
h 45 m

Serves:  60

Contains:  

Preference: Parve

Difficulty: Medium

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

Source: KosherScoop.com

Cuisines: Ashkenazi

Wholesome but still very tasty and soft challah. So delicious you'll forget it's healthy!

Ingredients (7)

Main ingredients

- 5 cups warm water
- 1 cup oil
- 1 cup **Gefen Honey**
- 7 teaspoons **Gefen Yeast**
- 3 pounds **Shibolim Whole Wheat Flour**

2 pounds white flour

3 tablespoons salt

Start Cooking

Prepare the Challah

Yields 6 large challahs

1. Combine the water, oil, honey and yeast in a large bowl, mixing gently. Let it rest till it begins to bubble, about 10 minutes.
2. While the yeast is resting combine the flours and salt in a different bowl. Once there is a layer of bubbles add the flour mixture and knead well.
3. Cover with plastic wrap and a damp cloth and let rise for two hours in a warm area. After it has doubled in size, shape your challahs.
4. Bake at 265 degrees Fahrenheit for 20 minutes and then turn up the oven to 350 degrees Fahrenheit for another 25 minutes.

Note: If you only want to use one bowl add the flour straight into the yeast mixture once the bubbles have formed.