

Delicious Spelt Challah

Recipe By *Levana Kirschenbaum*



Cooking and Prep:  3
h 20 m

Serves:  40

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Rosh
Hashanah

Diet: Vegetarian, Pescetarian

Source: KosherScoop.com

Cuisines: Ashkenazi

It is no wonder the public often thinks there is no way to enjoy a delicious slice of spelt challah or bread, as it always comes brick-heavy in stores: Mine is light and delicious! Yields 4 loaves

Ingredients (10)

Challah

- 4 tablespoons **Gefen Dry Yeast** or other active dry yeast
- 4 cups warm water
- 1/2 cup **Gefen Honey**, sugar or sucanat
- 4 eggs

- 1/2 cup vegetable oil
- 1 tablespoon salt
- 12 cups spelt flour, a little more only if needed

Topping

- 1 egg, beaten
 - 1/4 cup water
 - sesame or poppy seeds
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Start Cooking

Prepare the Dough

1. Mix the yeast, water and honey or sugar in a big bowl, and let the mixture bubble for about 5 minutes.
2. Add the eggs, oil and salt, and beat. Add the flour, and mix thoroughly.
3. Transfer the mixture to a lightly-floured flat working surface, and knead for about 15 minutes, turning the dough a quarter of a turn every 2-3 minutes and punching it down often to eliminate any air pockets (or transfer the mixture to the bowl of a dough maker. Set for 10 minutes of kneading). Transfer the kneaded dough into a big mixing bowl (remember, it will expand). Sprinkle flour all around the dough. Let rise, covered with a cloth, in a warm draft-free area for 2 hours.

Shape the Challah

1. Divide the dough into 4 pieces. Divide each piece into thirds and roll each third into a long thin rope. Pinch the 3 ropes together at one end to hold them in place. Braid, and place the braid on a foil-covered cookie sheet. Repeat with the rest of the dough. Place the loaves well apart in the pan (you might need more than a pan: Bake one at a time).
2. Brush each loaf with the egg-and-water mixture, and top with seeds if desired. Bake in a preheated 350 degrees Fahrenheit oven for 45 minutes to one hour.

Variation:

Raisin Challah: Served on Rosh Hashanah. Add two cups of raisins to the dough, shape it into four round loaves (for each loaf, make a long thin rope, and roll it into a coil)