

Halvah Braid

Recipe By *Leah Barzel*



Cooking and Prep: 
1.5 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Purim,
Shavuot, Rosh Hashanah,
Sukkot

Diet: Vegetarian

Source: Family Table by
Mishpacha Magazine

On cold winter nights, when everyone in your family is sneezing and sniffing, why not serve this treat? The superfood flax may help soothe sore noses.

Ingredients (9)

Main ingredients

- 4 tablespoons flax seeds
- 3 tablespoons sunflower seeds
- 3 tablespoons white sesame seeds
- 2 tablespoons sesame butter (see note)

- 4 tablespoons **Haddar Tahini**
 - 4 tablespoons **Gefen Honey**
 - 2 tablespoons turbinado sugar
 - 3 tablespoons water
 - 1 recipe basic yeast dough
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Start Cooking

Prepare the Filling

1. In a food processor, grind the flax with the sunflower seeds. Mix in the sesame seeds, sesame butter, tahini, honey, and sugar.
2. Slowly pour water into the mixture, stirring and adding water until it has a smooth, creamy texture. (This cream can be stored for up to four days in the refrigerator.)

Note:

Sesame butter is made from toasted whole sesame seeds, while tahini, or sesame paste, is made from hulled white sesame seeds.

Tip:

The halvah-flax-sunflower filling is also a great spread for bread or rice cakes, but be sure to reduce the amounts of honey and sugar.

Assemble the Braid

1. Roll the dough into a rectangle, 12x16 inches (30x40 centimeters). Spread a generous layer of halvah cream on the dough.
2. Roll the dough jelly-roll style and slice lengthwise. Press the top ends of the two strips together and twist them into a screw-like shape.
3. To make a braid, double the recipe, prepare two rolls and slice them in half. Use three of those halves to form a braid. Knot the fourth strip for a small personal-sized cake.
4. Let the cakes rise, glaze them, and bake.