

Perfect Whole-Wheat Challah

Recipe By *Chumi Borenstein*



Cooking and Prep: 
4.5 h

Serves:  8

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

This is the perfect whole-wheat challah recipe that's not too healthy, neither heavy nor grainy, and most importantly – FREEZABLE, duh! (I adapted my regular amazing challah recipe to create this perfect one!) If you have any questions about the recipe, please comment! My kids loved it, which is a score in my books because it's brown. I really hope you enjoy it too.

Watch Chumi and Naomi make this delicious challah [here!](#)

Yield: 4 challahs

Ingredients (11)

Dough

- 3 pounds **Shibolim Whole Wheat Blend**
- 1/2 cup honey
- 1/2 cup sugar (you can sub for honey if you want to be super healthy!)

- 1 and 1/2 tablespoons **Gefen Himalayan Pink Salt** (or sub with kosher salt)
- 2 tablespoons instant yeast such as **Gefen Instant Dry Yeast**
- 4 eggs
- 20 fluid ounces warm water
- 1/2 cup oil

For Egg Wash

- 1 egg
 - 2 tablespoons water
 - topping/s of choice
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Start Cooking

Prepare the Whole-Wheat Challah

1. Put all the dough ingredients in a bowl.
2. Knead well. You may need to add up to one cup of additional flour to get a smooth, non-sticky dough. Cover and rise for three to five hours (in a warm area, or overnight in the fridge).
3. Shape and cover to rise for another 30–60 minutes.
4. Preheat oven to 375 degrees Fahrenheit.
5. In a cup beat the egg and water. Brush over the challah and sprinkle with your choice of toppings. (I use everything spice from Trader Joe's). Bake for 40 minutes. Cool on a wire rack.

Note:

I like my challah to be on the sweeter side especially if it's whole-wheat. But feel free to halve the amount of honey if it's too sweet for you.