



BRAIDED ROUND CHALLAH

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Every year when I reflect on the year that passed and set goals for the upcoming year, I always think about the braided round challah that sits in the middle of the table during Rosh Hashana family dinner. To me, the meaning of Rosh Hashana is taking a moment from our busy lives to slow down and be present. I enjoy the moments of peace sitting around the table with my loved ones, thinking about how much I have to be grateful for in the old and new year. I admire the simple round challah that unites us all, reminding us to take time for ourselves in the New Year. Shana Tova!

INGREDIENTS

Challah

- 1 tablespoon dry yeast, active or instant
- 1 ½ cups warm water
- ½ cup sugar
- 6 cups flour
- 2 teaspoons salt
- 4 eggs
- ⅓ cup vegetable or canola oil

Egg Wash

- 1 egg

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BRAIDED ROUND CHALLAH

(continued)

INSTRUCTIONS

1. Add the yeast to a small bowl of warm water.
2. In a big bowl, add the flour, salt, eggs, oil, and sugar. Then mix together. Next add in the water and yeast mixture and mix.
3. Knead the dough. You want to make sure all the ingredients are fully mixed in. If the dough is too sticky, add a little bit of flour. If the dough is too dry, you can add a little bit of water.
4. Set the dough aside in a large bowl to rise until it doubles in size (about 1–2 hours).
5. Next start braiding. To make a round braided challah, start by dividing your dough into four equal sections.
6. Use your hands to make each of the four dough balls into a long snake.
7. Place two strands parallel to each other on the counter. Next add the remaining two strands horizontally across the two parallel pieces. You should have a shape similar to a tic-tac-toe board.
8. Take the under-strand of each pair and cross it over its neighboring strand working around the center in a clockwise direction.
9. Switch directions; lift the under-strands and cross them over the adjacent strands going counter-clockwise.
10. Keep alternating directions until the remaining dough tails are too short to cross.
11. Pinch the ends together and tuck all the loose tails underneath the bottom of the challah.
12. Next, egg wash the challah. In a bowl, crack an egg and mix it until it is blended. With a brush, brush the egg wash over the challah. This leaves our challah with a nice golden brown edge.
13. Finally, place the challah in the oven for 35–45 minutes at 375°F.
14. Let your challah cool and enjoy!