

JEWISH


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THE ULTIMATE

EBOOK

Challah





*I hope you
love making
challah as
much as
I do!*

The ULTIMATE CHALLAH eBook

18 RECIPES FOR SWEET, SAVORY AND
STUFFED CHALLAH + LOTS OF LEFTOVERS

Plus

BONUS: Spiritual Significance, Mysticism, Separating the
Challah and more...

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BONUS:

Spiritual Significance, Mysticism, Separating the Challah and more...

It's not just bread.

Hubby never lets us call it bread. He always corrects us, “You mean . . . challah.”

He's right about that, of course.

Bread is for the body, but challah, challah touches the soul.

The Spiritual Significance of Challah

If you can stretch your notion of spirituality all the way into the kitchen, consider this. Challah is one of those foods that is a spiritual key, placing it front and center at the start of all our Shabbat and holiday meals. We eat challah every Shabbat as an allusion to the manna that God showered on the Israelites in the desert after they left Egypt. The manna would fall every day, but it was just enough for one day. The Israelites had to learn to trust in God for their daily sustenance and not worry about tomorrow. That's a pretty good lesson in itself. But the kicker is that every Friday a double amount would fall, so there would be enough to eat on Shabbat morning. We put two challahs on the Shabbat table, as a reminder of the Friday double portion of manna. Every week, we enjoy our challah. At the same time, we deepen our faith in God, who loves us so much that He provides us with everything we need day after day, from paying the mortgage down to my daughters' Hello Kitty alarm clock. We reaffirm our allegiance to Shabbat, a day so special that we don't cook or bake; we just eat delicacies we prepared on Friday.

There's a reason challah pays spiritual dividends, but to understand it we have to visit ancient Israel for a minute. (Don't worry. I'll bring you back.) Back in the days of the Holy Temple in Jerusalem, people called *Kohanim* (priests) (a huge extended family, really) did not own farmland because their sole task was to serve in the Temple and teach the holy Torah to every Jew. The *mitzvah* of giving them tithes and food gifts was mandated so they could devote themselves exclusively to this calling. One of those gifts was called “challah,” which meant that whenever someone baked bread, he or she was to give a small portion of it to a friendly local *Kohein* (priest). And the baker did not just drop a package on the doorstep and run. He would learn some Torah with the *Kohen*, maybe have a cup of tea and schmooze a while. This exchange not only fed the *Kohanim* and their families; it fortified the bond between average Israelites and their spiritual mentors.

It was a great system.

Today there's no Holy Temple, but we still keep the *mitzvah*, called *separation of challah*, to elevate that simple act of baking bread to a spiritual activity.

PHOTOGRAPHY COURTESY OF DROR HOFFMAN



The *Mitzvah* of Challah/What is Separation of Challah/ Laws of Separation of Challah

While "challah" often refers to the braided egg loaves we enjoy on shabbos, the term "challah" also refers to the *mitzvah* of separating a portion of the dough before braiding. This portion of dough is set aside as a tithe for the *Kohein*/priestly portion. In Hebrew, this *mitzvah* is called *hafrashat challah*. Today, since the challah can no longer be observed as a priestly offering, and so that this law will not be forgotten, the piece taken is properly burned or discarded in lieu of giving it to the *kohanim*.

Obligation

When a person prepares a large quantity (details/definition below) of dough for baking he is obligated to perform the *mitzvah* of separating a small piece of dough and sanctifying it. This piece is called challah. Although this word refers to the sanctified piece of dough, today it is also used to refer to the special Shabbat bread.

****Very important:** the following halachic Q & A has been excerpted with permission from the book: **Guidelines: Questions and Answers about the laws of Candle Lighting and Separating Challah by Rabbi Elozor Barclay and Rabbi Yitzchok Jaeger by Rabbi Elozor Barclay and Rabbi Yitzchok Jaeger**. This is a brief overview of the top questions relating to "challah dough" and should absolutely not be taken as a substitute for reviewing the entire 130 paged book which includes the lesser known facts and procedures for separating "challah" from any type of baked food made from certain types of flour, if a sufficiently large quantity is prepared. This includes cakes, cookies, biscuits, matzo etc... As there are MANY relevant questions, issues and details that are beyond the scope of this ebook, please refer to the link above to purchase the Guidelines book.

Q. What is the quantity of dough from which challah must be separated?

A. There are different opinions about the decisive quantity of flour. The custom is to use a smaller measure for the separation of challah without a blessing and a larger measure for the separation of challah with the blessing.

Q. What is the smallest amount?

A. For regular wheat flour the custom is to separate challah without a blessing if one uses 2 lbs. 10 oz. or 1.2 kilo of flour. One should weigh the flour and not use cups for measuring. This is due to the variations in sizes of cups and the flour's moisture content and a doubt about how tightly packed the flour should be.

Q. How much flour is required to recite a blessing?

A. There are 2 main customs. 1) The amount is 3 lbs. 10 oz. or 1.67 kilo. 2) The amount is 5 lbs. or 2.25 kilo.

****Please note there are variations in weight for whole wheat flour, barley, spelt, oats and rye. Please refer to "Guidelines, Separating Challah, Chapter 5: Quantities" for more details.**

Q. When is the correct time to separate the challah?

- A. When making dough, challah should be separated as soon as one has completely finished making the dough. One should not wait until the dough has risen. Similarly one should not put the dough into the fridge or freezer without separating challah.

Q. Should one do anything prior to separating challah?

- A. Some have the custom to give charity before separating challah. And some have the custom to wash their hands without a blessing.

Q. Should one stand when separating challah?

- A. The custom is to stand if one is able to, especially if one is reciting the blessing.

Q. What is the correct procedure for separating challah?

- A. 1) Separate a small piece of dough and place it next to the remaining dough. 2) Recite the blessing if required. (Some have the custom to recite the blessing before separating the piece). 3) Declare the separated piece to be challah. 4) Dispose of the challah properly (details/ description below.).

Q. What should be the size of the separated piece?

- A. Strictly speaking the *mitzvah* can be fulfilled with even a tiny amount. However the custom is to separate a piece that is the size of an olive.

Q. What should be done with the separated piece of challah?

- A. Originally the challah was given as a gift to the Kohein who would eat it when in a state of ritual purity. Today when everyone is assumed to be impure, the challah may not be eaten, even by a kohein, and must be destroyed.

Q. How should one destroy the challah?

- A. The custom is to burn it. However if one feels that this is difficult he may wrap it in a plastic bag (1 plastic bag is sufficient) and throw it in the garbage.

Q. Why is it difficult to burn Challah?

- A. Burning challah must be done with care since the piece of challah is sanctified and is forbidden to be eaten like nonkosher food. Therefore anything that it touches while it is hot becomes not kosher and requires kashering.

Q. Which method of burning is recommended?

- A. The challah may be burned on the flames of a gas stove. It should be placed on a piece of foil or in a tin can. The challah should not be placed directly on the ceramic burner or the grate since these would become not kosher from the hot challah.

Q. For how long must it be burned?

- A. Until it has totally turned to ashes.

Q. What is the significance of the mitzvah?

A. Since bread is the staple food of man, God gave us the opportunity to perform a *mitzvah* with it on a regular basis. The *mitzvah* brings a blessing to the bread and spiritual growth to the soul.

Q. How important is this mitzvah?

A. According to the Sages, this is one of the few mitzvot for which the entire world was created. If challah is not separated when required, the grains are cursed and there is a shortage of food. But if the mitzvah is performed, the grains will grow in abundance and one's house will be blessed as it says, "You shall give to the *kohein* the first of your dough, that a blessing shall rest on your home" (Yechezkel 44:30).

Hafrashat Challah Blessings

It is the custom to stand while performing this *mitzvah*.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַפְרִישׁ חֲלָה [מִן הָעֶסָה].

*Ba'ruch a'ta a'do'nai elo'hei'nu me'lech ha'o'lam, a'sher kid'sha'nu
be'mitz'vo'tav ve'tzi'va'nu le'haf'rish challah
[some add: min ha'i'sah].*

Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His commandments, and commanded us to separate challah [some add: from the dough].

Separate a small piece of dough, approximately one ounce, and say:

הָרִי זֶה חֲלָה

Ha'rei zo challah

This is Challah



The moment of separating challah is an especially auspicious moment for praying for family and loved ones. You may, of course, offer personal prayers in your own words* and/or you can recite this special *tefila*.

יהי רצון מלפניך יי אלהינו ואלהי אבותינו שהמצוה של הפרשת חלה תחשב כאלו קימתיה בכל פרטיה ודקדוקיה ותחשב הרמת החלה שאני מרימה, כמו הקרבן שהקרב על המזבח, שנתקבל ברצון. וכמו שלפנים הייתה החלה נתונה לפהן והיתה זו לכפרת עונות, כך תהיה לכפרה לעונותי, ואז אהיה כאלו בולדתי מהדש, נקיה מחטא ועון. ואוכל לקיים מצות שבת קודש והימים הטובים עם בעלי (וילדינו) להיות נזונים מקדשת הימים האלה. ומהשפעתה של מצות חלה, יהיו ילדינו נזונים תמיד מידי של הקדוש ברוך הוא, ברב רחמיו וחסדיו, וברב אהבה, ושתתקבל מצות חלה כאלו נתתי מעשר. וכשם שהגני מקימת מצות חלה בכל לב, כך יתעוררו רחמיו של הקדוש ברוך הוא לשמרני מצער וממכאובים כל הימים, אמן:

"May it be Your Will, Eternal, our G-d, that the commandment of separating challah be considered as if I had performed it with all its details and ramifications. May my elevation of the challah be comparable to the sacrifice that was offered on the altar, which was acceptable and pleasing. Just as giving the challah to the Kohein in former times served to atone for sins, so may it atone for mine, and make me like a person reborn without sins. May it enable me to observe the holy Sabbath (or Festival of...) with my husband (and our children) and to become imbued with its holiness. May the spiritual influence of the mitzvah of challah enable our children to be constantly sustained by the hands of the Holy One, blessed is He, with His abundant mercy, loving-kindness, and love. Consider the mitzvah of challah as if I have given the tithe. And just as I am fulfilling this mitzvah with all my heart, so may Your compassion be aroused to keep me from sorrow and pain, always. Amen."



*While I knead the dough of the holy challah, my personal prayers range from both big (the coming of *mashiach*) to small (please don't let this challah burn), for everyone that I know and love, for all those in need of healing, or who need to find a soul mate, or who need financial help, or who need comfort.

I pray for my children's spiritual, physical, emotional and social health and wellbeing, in great detail. I pray that they should have friends on the playground and for their future children. I pray that they are successful with their tests in the upcoming week and that they should fulfill their greatest potential in life. I pray for our family's interpersonal relationships and for each of our individual relationships with God. I just pray, pray, pray for everything and anything both "trivial" and of tremendous magnitude. I pray for my husband and our marriage from the depths of my soul, for my parents, my sister, my siblings (in-law) and their families and even my neighbors across the street - for long life (until 120), for peace (both worldwide and individual) for blessings and success in the spiritual and the material. Whatever and whoever comes to mind, I pray for.

You don't have to be in a house of worship, all squeaky clean, to pray. You can be up to your elbows in thick, sticky dough, with flour on your face, God will hear you.

Challah is a fabulous opportunity to bring blessing into our lives, our homes, and to all of the Jewish people and the world.

In the merit of fulfilling this tremendous *mitzvah* together may our individual and collective prayers be answered for the good!





THE RECIPES

Please note that due to popular demand, the recipe for Perfect Every Time Basic Challah Dough was developed in the following specific amounts so that it may be easily increased or decreased. Consideration was also given to ensure that a single batch of the recipe would fit into standard sized stand mixers and bread machines. However, the following recipe does not contain a sufficient amount of flour to perform the incredible *mitzvah* of Separation of Challah as previously outlined and detailed. Care should be taken to increase the recipe and perform the *mitzvah*.

Perfect Every Time Basic Challah Dough

It All Starts Here: Your Basic Challah. First things first: Master the dough.

Yield

- 2 large (1 ½ lb) Challahs
- 3 medium (1 lb) Challahs
- 6 small (½ lb) Challahs
- 12 individual (¼ lb) Challah Rolls

Ingredients

- 2 pounds flour (White, Whole Wheat or Spelt)
- 3 tablespoons/1 ounce yeast
- 1 slightly rounded cup/8 ounces granulated sugar
- 1 ½ tablespoons/1 ounce fine grain sea salt
- (About) 1 ½ cups room temperature water (24°C/ 75°F), divided
- 2 eggs, separated
- ½ cup olive oil



The Dough

1. In the bowl of a bread machine/stand mixer fitted with a dough hook add flour and yeast. Mix to evenly distribute, to break up any clumps of flour (if using pre sifted flour) and to ensure there is no concentration of yeast.
2. Add sugar and mix to evenly distribute.
3. Add salt and mix to evenly distribute.
4. Turn the mixer on low and add 1 cup water. Knead until all moisture is absorbed.
5. Add just the egg yolks (reserving the whites for glazing/brushing the challah before baking) and canola oil in a steady stream, as the mixer is kneading. Increase the mixer to medium speed and knead until all of the moisture is absorbed and you can start to see the beginning of a dough being formed.
6. Depending on the moisture content and consistency of the dough you may need to add more water at this point – but add water sparingly and slowly. As the mixer is kneading, add water a teaspoon at a time until fully incorporated. Continue to gauge the consistency of the dough (too much water will make it too sticky and too difficult to work with).
7. As soon as a ball of dough is formed stop adding water and continue to knead on medium speed for about 10 minutes. The 10-minute clock only starts once you have a relatively smooth mass of dough and get out most of the stickiness in the bowl. The dough itself should start to separate from the sides of the bowl (otherwise when you turn it out you will need to use too much flour to prevent stickiness which will make your challah super heavy and effect both the flavor and texture).
8. After 10 minutes the dough should be quite smooth, soft and pliable and it should have some stretch without tearing. Check the dough: if you poke the dough with one finger, it should reach the middle of the dough with very little resistance and the dough should slowly bounce back into shape.
9. Even when using a stand mixer/bread machine bring the dough onto the counter for a few minutes and finish the kneading process by hand. LIGHTLY flour the surface (only if necessary to prevent sticking). The proper technique for kneading is to position your weight above the dough, lock your elbows so you are putting the full weight of your body into the dough. The movement is a combination of fold and press (not a full fold because you don't want to overstrain/tear the dough) turning the dough a $\frac{1}{4}$ to $\frac{1}{2}$ turn to create a smooth round ball.

White Flour

Step 4: start by adding 1 cup of water.

Step 6: add more as needed 1 teaspoon at a time.

Spelt Flour

Step 4: start by adding $1\frac{1}{4}$ cups of water.

Step 6: add more as needed 1 teaspoon at a time.

100% Whole Wheat Flour

Step 4: start by adding $1\frac{1}{2}$ cups of water.

Step 6: add more as needed 1 teaspoon at a time.

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1st Proof

10. Lightly coat your fingertips with oil and rub a bowl, (large enough to hold your dough with sufficient room to rise), bottom and sides with a thin coating of oil. Rub your dough ball into the oiled bowl to lightly coat all over. **DO NOT OVER OIL.** Cover tightly with plastic wrap. You don't want any air to escape. Let the dough rest and rise, in a warm and cozy corner of your kitchen, for about 1 hour or until starting to proof/grow. Don't let it double in size that's too much for this first stage. If you see it's proofing quickly then proceed with the next step. But for this first hour you are looking for the dough to grow by about 10%-20%.

2nd Proof

11. After 1 hour check that the dough is growing at the rate we want. If it is growing too fast, punch it down and recover it tightly with plastic wrap. If it's grown by about 10-20% then leave it as is. In all cases we are looking to proof the dough for about 1 more hour or until it's grown to about 1 to 1 ½ times its original size.

Weighing/3rd Proof

12. Using a dough cutter/straight edge pastry scraper, divide the dough by cutting and weighing out 7oz/200g pieces of dough. Gently and delicately form each piece into a round smooth ball. If needed, ever so slightly flour your fingertips to prevent sticking. Place dough balls onto a baking sheet lined with baking paper, about 6 to a pan (with room to rise). Lightly touch the tops with flour or oil and loosely cover with plastic wrap. Let the dough rest and relax for about 20 minutes.

Rolling Ropes, Shaping and Egg Washing

13. Position the dough balls with the smooth side down and roll into ropes with tapered ends by folding and rolling the dough tightly in on itself and then stretching and smoothing into a rope shape with the palms of your hands, making sure to get a nice smooth seal/exterior with no seams. (Or re-roll into tighter balls for Pull-Apart Challah or roll out with a rolling pin for Sabich Rolls 33.) Let the ropes rest on the baking sheets covered loosely with plastic wrap (for just a few minutes) as you roll out all your ropes.
14. Shape as desired and place on a baking sheet lined with baking paper. Position with plenty of room to rise as the final shaped challah can grow to double or even triple its size once baked. Additionally be sure to keep same sized challahs on trays and not to mix and match large and small challahs. Brush generously with reserved egg whites making sure to get in all the crevices.

4th / Final Proof

15. Cover loosely with plastic wrap and let rise until doubled in size.

Finishing: 2nd Egg Wash and Topping

16. Gently and delicately with just the tip of the brush, egg wash the challah again with reserved egg whites being super careful not to deflate. A spray bottle (containing egg whites diluted with just enough water to get through the nozzle) is ideal in this scenario.
17. Top challah as desired. (See topping ideas and recipes p.22-25)

Baking, Cooling and Serving

18. Position a rack in the middle of the oven.
19. Place a baking pan on the oven floor.
20. Preheat oven to 350°F/180°C.
21. Prepare a ¼ cup of water.
22. Place the challah in the oven, on the middle rack. Quickly pour ¼ cup of water into the pan at the bottom of the oven and quickly close the oven door.
23. Bake at 350°F, according to the baking times below. Keep a careful eye on your challahs. If they are browning to quickly lower the oven temp and conversely if halfway through the bake they are not getting enough color then slightly increase your oven temp.

Baking Times

Individual Challah: 15 – 20 minutes
Pull Apart Challah: 15 – 20 minutes
Medium Challah: 25 – 30 minutes
Large Challah: 35 – 40 minutes

24. Place challah pan on a wire rack and let cool for about 10 minutes. Once cool enough to handle, remove challah from the pan and let cool completely on the wire rack.
25. To serve: Serve challah warm or at room temperature. Traditionally, challah is sliced or torn, and the first bite is dipped in salt three times (it's a kabalistic thing) and then passed around to everyone.
26. EnJOY your delicious hard work and all the love and dedication you put into this dough!

It always amazes me that just by the strength of my hands and the love in my heart, plus a few basic ingredients, I can work this magic. And now, you can, too.

Substitutions

No egg challah: Simply eliminate the egg yolks from the recipe and brush or spray the challah with water in place of egg wash for egg free challah. No other adjustments required.

Sweeteners

Decrease the sugar to ½ cup with no other adjustments required.

Substitute brown sugar, for the granulated sugar in equal parts with no other adjustments required.

Substitute silan/date honey, bee's honey or maple syrup in part or in place of sugar. Reduce water by the amount of "liquid" (moisture rich) sweetener you are using. For example, if using ½ cup honey decrease water by ½ cup.

Yeast: 1 oz dry yeast = 3 oz fresh yeast

TOPPINGS

Classic Toppings

- Whole Sesame Seed (fuller/more robust flavor than white sesame seeds)
- Poppy Seed

Festive/Rosh Hashanah Toppings

- Honey Glaze (recipe p.24)
- Sugar Crystals
- Cinnamon Sugar Blend (recipe p.24)
- Streusel Topping (recipe p.24)

Unique Toppings

- Caraway Seed
- Black Onion Seed “Ketzach”
- Pumpkin Seed
- Sunflower Seed
- Flax Seed
- Millet
- Quick Cook/Fine Oats
- Dried/Toasted Minced Onions
- Dried/Toasted Minced Garlic
- Granulated Garlic
- Pretzel Salt or Coarse Flake Sea Salt
- Bran
- Everything Topping (recipe p.25)
- Garlic Parsley Oil (recipe p.25)

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Honey Glaze

Shiny, sweet, honey glaze is a beautiful and delicious way to finish your challah for Rosh Hashanah, throughout the High Holidays or any time of year. Sugar crystals are a nice final touch and can be used in addition to the honey glaze or simply on their own as a topping after challahs are brushed with egg wash.

- 4 tablespoons honey**
- 2 tablespoons boiling water**
- Sugar crystals, optional**

Dilute honey with water. Brush on warm challah, straight from the hot oven. Sprinkle with sugar crystals if desired.

Cinnamon Sugar Blend

Perfect for dusting the tops of your holiday challahs and pies, sprinkled into yogurt, added to your French toast batter or mixed with melted butter for quick pancake syrup.

- ¼ cup granulated white sugar**
- 1 tablespoon cinnamon**

Combine the sugar and cinnamon in a small bowl, using a fork or small whisk to thoroughly blend. Sprinkle on challah just before baking. Store any remaining in an air-tight container or spice jar.

Streusel Topping

Homemade streusel topping adds a sweet crunch to baked goods like holiday challahs, muffins, coffee cakes, pies and more...make a large batch and keep on hand in the freezer for up to 1 month.

- ½ cup granulated sugar**
- ½ cup brown sugar, packed**
- ¾ cup flour**
- 1 teaspoons cinnamon**
- ½ teaspoon ground nutmeg**
- ¼ - ½ cup canola oil, coconut oil or vegan butter, softened**

Combine the sugars, flour, cinnamon and nutmeg in a medium bowl, using a fork or small whisk to thoroughly blend. Mix in the oil, starting with a ¼ cup and adding more as needed, until crumbly. Sprinkle on challah just before baking. Store any remaining in an air-tight container in the freezer for up to 1 month.

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Everything Topping

My family's favorite topping!

- 2 teaspoons dried minced garlic flakes
- 2 teaspoons dried minced onion flakes
- 2 teaspoons poppy seeds
- 2 teaspoons whole sesame seeds
- 1 teaspoon kosher or coarse flake sea salt

Combine the garlic, onion, poppy and sesame seeds and salt in a small bowl, using a fork or small whisk to thoroughly blend. Sprinkle on challah just before baking. Store any remaining in an air-tight container or spice jar.

Garlic Parsley Oil

Take note that this topping is brushed on the challah for the last 5-10 minutes of baking as otherwise the garlic will burn. Burnt, charred garlic is both ashy and bitter and totally unpleasant. But unburnt Garlic Parsley Oil is a thing of beauty when baked/roasted for just a few minutes or even enJOYed fresh. In all instances it's great on breads, veg and meat!

- 2 tablespoons minced garlic
- 2 tablespoons minced parsley
- 2 tablespoons olive oil
- Kosher salt

Combine the garlic, parsley and olive oil in a small bowl. Mix thoroughly to blend and season to taste with salt. Brush onto top of challah for the last 5-10 minutes of baking.





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Sun-Dried Tomato and Basil Challah

Yield

This is enough filling for Perfect Every Time Basic Challah Dough Recipe (p.16)

- 2 large (1 ½ lb) Challahs**
- 3 medium (1 lb) Challahs**
- 6 small (½ lb) Challahs**
- 12 individual (¼ lb) Challah Rolls**

Ingredients

- 1 ½ cups sun-dried tomatoes thinly sliced**
- 2 cloves garlic, minced**
- 2 handfuls fresh whole basil leaves**

Directions

Add all ingredients to Perfect Every Time Basic Challah Dough between steps 3 and 4.

Variation

Roast garlic for 1 hour wrapped in foil in a 375° F oven before adding to the dough.

Cinnamon, Raisin and Apple Challah

Yield

This is enough filling for Perfect Every Time Basic Challah Dough Recipe (p.16)

- 2 large (1 ½ lb) Challahs**
- 3 medium (1 lb) Challahs**
- 6 small (½ lb) Challahs**
- 12 individual (¼ lb) Challah Rolls**

Ingredients

- 2 large granny smith apples, peeled, cored and diced**
- ¾ cups red or golden raisins**
- 1 ½ teaspoons cinnamon**
- 2 - 4 tablespoons brown sugar, optional**

Directions

Add all ingredients to Perfect Every Time Basic Challah Dough between steps 3 and 4.

Variations

Substitute dried raisins, cherries or blueberries for the raisins. If it's your custom to refrain from nuts over the High Holidays try this recipe at other times with chopped walnuts in addition to or in place of the apples.





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Caramelized Onion and Rosemary Challah

Crush the dried rosemary in your hands, to release the full flavor, while sprinkling in the dough. Also make sure to salt the onions at the beginning of the cooking process for fuller flavor and more even browning.

Yield

This is enough filling for Perfect Every Time Basic Challah Dough Recipe (p.16)

- 2 large (1 ½ lb) Challahs**
- 3 medium (1 lb) Challahs**
- 6 small (½ lb) Challahs**
- 12 individual (¼ lb) Challah Rolls**

Ingredients

- 4 large onions, finely diced, caramelized and cooled**
- 1 flat tablespoon dried rosemary, crushed**

Directions

Add all ingredients to Perfect Every Time Basic Challah Dough between steps 3 and 4.

Individual Sabich Challah Roll | 8 to 10 servings

OMG! I am eating this NOW as I type this note, I cannot do justice to the taste in the written word! Hubby watched me make this and cried because he doesn't like eggplant. He begged me to make him one stuffed with deli meat. You can really fill your challah rolls with anything – even try homemade or store-bought apple pie filling for Rosh Hashanah!

Ingredients

- 4 tablespoons tahini, divided, plus more for serving
- 2-4 thin slices of eggplant, roasted or fried
- 2-4 slices hard cooked egg
- 1-2 teaspoons fresh minced parsley leaves
- Kosher salt
- Freshly cracked black pepper
- 1 egg, beaten
- Whole sesame seeds
- Black sesame seeds
- Pickles for serving

Directions

Position a rack in the middle of the oven.

Preheat oven to 350°F/180°C.

Prepare a baking sheet lined with baking paper or liberally grease a 1-cup capacity jumbo muffin cup or a small individual round challah pan with cooking spray.

At step 13 of Perfect Every Time Basic Challah Dough Recipe (p.16) take one 7oz/200g dough ball and roll it out with a rolling pin to a 6-inch round circle.

Spread with 2 tablespoons tahini. In the center of the circle layer eggplant and egg slices, sprinkle with parsley, drizzle with 2 more tablespoons tahini and season with salt and pepper.

Bring all the edges up and around the filling to enclose, pinch tightly and twist to seal. Place seam side down in the prepared pan.

Brush generously with beaten egg.

Cover loosely with plastic wrap and let rise until doubled in size.

Gently and delicately with just the tip of the brush, egg wash the roll again being super careful not to deflate.

A spray bottle (containing egg diluted with just enough water to get through the nozzle) is ideal in this scenario.

Sprinkle with sesame seeds. Bake at 350°F for 15-20 minutes.

Place pan on wire rack and let cool for about 10 minutes. Remove from the pan serve warm or let cool completely on wire rack.

Serve warm or at room temp with Israeli pickles and more tahini for dipping.

Baked Pecan French Toast | 8 to 10 servings

Ingredients

Cooking spray
8 ounces cream cheese or nondairy cream cheese
6 large eggs
1 cup milk or nondairy milk such as coconut, soy or almond
1 teaspoon pure vanilla extract
⅓ cup plus 3 tablespoons brown sugar, packed
1 teaspoon cinnamon
½ teaspoon ground nutmeg
½ teaspoon kosher salt
Zest of 1 small lemon
10–14 (1-inch thick) slices day-old challah, about 1 large loaf
1 cup pecans, coarsely chopped
Greek-style yogurt, for serving, optional
Honey or maple syrup, for serving, optional

Directions

Spray a 9-inch x 13-inch ceramic or glass baking dish with cooking spray.

In a large bowl whisk the cream cheese with one egg until the mixture is smooth. Add additional eggs one at a time, whisking to incorporate each one completely before the next one is added. Pour in milk and vanilla extract and whisk to combine. Add ⅓ cup sugar, cinnamon, nutmeg, salt, and zest and whisk to incorporate completely.

Dip each slice of challah into the batter to coat. Overlap challah slices in the prepared baking dish. Pour remaining batter over top.

Refrigerate, covered, for at least 2 hours or overnight.

Preheat oven to 375 °F.

Remove baking dish from the refrigerator and top with pecans and sprinkle with 3 tablespoons remaining sugar. Bake, covered, for about 25 minutes. Uncover and continue baking until puffed and golden brown about 20 minutes more.

Scoop onto plates and serve warm with a dollop of Greek-style yogurt and a drizzle of honey or maple syrup if desired.

Variations

Add peeled and diced apples over top before baking and/or serve with fresh sliced banana.

 Recipe adapted from Martha Stewart Living, November 2010





Individual Baked Challah French Toast with Caramelized Bananas

| 6 individual French toast ramekins

Prep the night before and place in a warm and toasty oven in the AM. Garnish with fresh whipped cream if desired.

Variation: To make this recipe pareve substitute the 1 cup milk and ½ cup heavy cream for 1 ½ cups nondairy milk such as coconut, soy or almond. Swap the butter for coconut oil or healthy vegan butter.

Ingredients

For Challah French Toast

1 cup whole milk
½ cup heavy cream
4 large eggs
4 tablespoons granulated sugar
2 teaspoons vanilla extract
Zest of 1 orange
1 tablespoon ground cinnamon
1 large loaf, about 1 ¼ pounds, day-old challah, cubed (½-inch)
2 cups cornflakes, coarsely crushed
6 teaspoons butter

For Caramelized Bananas

3 tablespoons unsalted butter, divided
¼ cup brown sugar
Pinch kosher salt
3 bananas, peeled and diced

Directions

In a large bowl combine milk, heavy cream, eggs, sugar, vanilla, orange zest, and cinnamon and beat well. Add challah and toss to coat all the cubes with liquid mixture. Divide between 6 (8-ounce) greased ramekins. Cover the ramekins and refrigerate for at least 2 hours or overnight.

Preheat oven to 350° F.

Sprinkle each filled ramekin with crushed cornflakes and top with 1 teaspoon butter. Bake 15 to 20 minutes or until set in the center.

Meanwhile, melt 3 tablespoons butter in a medium sauté pan over medium-high heat.

Add brown sugar and salt and cook 2 minutes until bubbly. Add bananas and cook 5 minutes or until caramelized.

Remove from heat and set aside.

To serve, top each individual French toast with caramelized bananas and a dollop of whipped cream, if desired.

Caramelized Onion Challah Kugel Cups

| 8 kugel cups

My very first real success! Thanks to Grandma Martha's patience, I have now mastered her famous recipe—most probably because I made her stay on the phone and walk me through each step “holding my hand” and offering much needed emotional support.

I used to bake this kugel in our family-heirloom, grease-stained, metal loaf pan. And only recently did I change it to this single serve version baked in glass pyrex cups. This way we can stop fighting over the coveted corner piece with all that crunch. It's a dish made from leftovers (and Hubby's favorite), yet a novelty at the table. What could be better?

You can save scraps in the freezer until you have enough to make this tasty comforting single serve kugel.

Ingredients

8 teaspoons olive oil

1 ½ - 2 cups vegetable or chicken broth

1 large loaf, about 1 ¼ pounds, day-old challah,
crust removed and cubed (1-inch)

1 large onion minced and caramelized

1 teaspoon baking powder

3 eggs, separated and beaten until whites are frothy

Kosher salt

Freshly cracked black pepper

Directions

Preheat oven to 400 °F.

Place 8 (6-ounce) glass baking cups on a cookie sheet or rimmed baking tray.

Pour 1 teaspoon oil into each baking cup and place in the oven.

In a large bowl pour broth over cubed challah. Start by using only 1 ½ cups. Only add more (1-2 tablespoons at a time) if needed to slightly moisten all of the challah cubes. Let sit for 5 minutes to absorb.

Gently fold in onions, baking powder, egg yolks, salt, pepper and egg whites. Don't over mix, but evenly disperse ingredients. The mixture should still be lumpy.

Remove baking tray from oven and evenly spoon challah mixture into each baking cup.

Lower oven temperature to 375 °F. Bake, uncovered, for 45 minutes until tops are golden to dark brown and crunchy.

Using a kitchen towel or oven mitts, as the glass is extremely hot, carefully turn each baking cup upside down onto a clean kitchen towel, this will help to easily release the kugel from the cups and prevent major deflation. Release kugel by gently shaking or using a knife around the edges if needed. Serve warm. If not serving immediately allow to cool completely upside down.

Tips

If you don't have enough leftover scraps, you can fake stale bread. Just bake slices of fresh bread on a cookie sheet for approximately 30 minutes at about 200 °F. If the heat is too high your bread will toast, which is exactly what you don't want. The goal is to just suck the moisture out of it. Alternatively, if you have more time, cube fresh bread and leave it out overnight uncovered.

Sausage, Sundried Tomato, and Thyme Challah Stuffing

| 8 to 10 servings as a side dish

I just love kosher chorizo for this recipe. The spicy flavor and color imparts so much personality to this dish. But feel free to use your favorite kosher beef, chicken, turkey or veal sausage. I have even used salami in a pinch and everyone ate every last bite. Don't save stuffing for Thanksgiving, it is really fabulous any time of year.

Ingredients

Cooking spray
1 pound kosher chorizo or sausage of your choice, chopped
1 tablespoon olive oil
1 large onion, chopped
1 clove garlic, minced
1 tablespoon fresh thyme or 1 teaspoon dried
 $\frac{3}{4}$ cup chopped sundried tomatoes
12 cups (1-inch) cubes day-old challah, about 1 large loaf
2 cups chicken stock
Kosher salt
Freshly ground black pepper

Directions

Preheat oven to 400°F.

Heat olive oil in a large Dutch oven over medium high heat. Add chorizo and sauté 3 to 5 minutes or until starting to brown. Add onions and sauté about 5 minutes or until softened, stirring occasionally. Add garlic, thyme and sundried tomatoes and cook for 30 to 60 seconds more careful not to burn the garlic.

Stir in challah, chicken stock and season with salt and pepper.

Cover and bake at 400°F for 30 minutes. Uncover and bake 10 minutes more or until lightly golden and crispy on top.



Apple and Honey Challah Kugel | 12 pieces

Make this in ramekins or individual ring molds for a pretty holiday presentation.

Ingredients

2 tablespoons vegan butter or coconut oil for greasing
2 cups nondairy milk such as coconut, soy or almond
5 large eggs
1¼ cups sugar
Seeds scraped from 1 vanilla bean
5 cups (½ -inch) cubes day-old challah, about ½ a large loaf
2 cups diced sweet apples, peeled and cored
Honey to drizzle

Directions

Preheat an oven to 350° F.

Grease individual ramekins or a 9- x 13-inch baking dish with the vegan butter.

Prepare a custard by whisking together nondairy milk, eggs, sugar, and vanilla bean seeds in a large bowl.

Add challah and apples; mix well.

Let sit for 10 minutes to allow challah to absorb egg mixture.

Place the challah mixture into the prepared pan.

Bake at 350° F for 30 to 35 minutes, or until golden.

Drizzle honey over the top and serve warm.



Recipe courtesy of Chef David Kolotkin and [JOY of KOSHER with Jamie Geller Magazine](#), your source for all things kosher.
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Whole Wheat Challah Stuffing with Leeks | 8 servings

I love leeks. Like LOVE LOVE LOVE! Braised, roasted and fried, in soups, tarts and risotto my obsession knows no bounds and stuffing is no exception!

Ingredients

Cooking spray
2 tablespoons olive oil
3 large leeks, white and light green parts only, rinsed well and chopped
2 cloves garlic, coarsely chopped
1 cup baby spinach, rinsed and dried
6 cups (1-inch) cubes day-old whole wheat challah, crust removed, about ½ a large loaf
1 cup vegetable broth
2 tablespoons vegan butter, melted
Kosher salt
Freshly ground black pepper

Directions

Preheat oven to 400° F. Lightly spray a 9- x13-inch baking dish.

In a medium sauté pan over medium low heat, heat olive oil and add leeks. Sauté 12 to 15 minutes, or until softened and just beginning to turn golden. Add garlic and spinach; mix well, and remove from the heat.

In a large bowl, combine leek mixture, challah cubes, broth and vegan butter. Season to taste with salt and pepper; stir to combine. Pour into prepared baking dish and bake 30 to 40 minutes, or until golden brown on top.

Dark Chocolate, Sour Cherry Slow Cooker Bread Pudding

| 8 to 10 servings

Chef Laura Frankel is one of my absolute favorite chefs and a frequent contributor to JOYofKOSHER.com and our magazine. I've learned so much from her over the years and am having a blast with her latest cookbook Jewish Slow Cooker Recipes which she is about to revamp and rerelease soon. Her Black Forest Bread Pudding is dairy and decidedly more decadent. I have adapted it here based on the fact that my slow cooker is meat and my challah is baked in a meat oven.

Ingredients

Cooking Spray

3 cups nondairy milk such as coconut, soy, almond or a mix

½ cup unsweetened cocoa powder

4 large eggs

1 ½ cups brown sugar, packed

2 teaspoons pure vanilla extract

10 (1 ½ -inch thick) slices day-old challah, about 1 large loaf

½ cup dried sour cherries

1 cup frozen pitted cherries

1 cup semisweet chocolate, cut into medium-sized chunks

Nondairy whipped cream for serving, optional

Chocolate shavings for serving, optional

Directions

Lightly grease a 6 ½ -quart slow cooker insert with cooking spray. In a large bowl, whisk together nondairy milk and cocoa powder until thoroughly combined. Whisk in the eggs, sugar, and vanilla.

Layer the bread in the insert. Scatter the dried and frozen cherries evenly over the bread. Sprinkle the chocolate chunks over the cherries. Pour the custard over the bread. Cover and cook on High for 3 hours, or until the custard has been cooked through and the bread is no longer soggy and has firmed up slightly.

Scoop the bread pudding into dessert glasses and serve warm or at room temperature with freshly whipped nondairy cream and/or chocolate shavings if desired, if desired.

Variations

To make this dairy substitute 3 cups nondairy milk for 1 ½ cups heavy cream and 1 ½ cups milk. And use up to 1 cup of your favorite milk or white chocolate or combination thereof in place of the 1 cup of semisweet chocolate. Perfect warm or chilled, allow it to cool completely and store, covered, in the refrigerator for up to 3 days.

 Recipe adapted from: [Jewish Slow Cooker Recipes by Chef Laura Frankel](#), Houghton Mifflin Harcourt (2012).





Rum Raisin Bread Pudding | 6 servings

My love of all things bread pudding comes from my mom. And my mom's love comes from her mom. You can say it's in our DNA and we didn't really have a choice. My grandmother a"h, on occasion, would even go so far as to eat a piece of fresh, crusty, Italian bread for dessert. So this Rum Raisin Bread Pudding, a "slight" upgrade on a simple slice of bread to end the meal, is for my mom (and grandmom). Don't have day-old bread? See tip for faking it on p.38.

Ingredients

- 1 tablespoon coconut oil or vegan butter
- 6 cups (1-inch) cubes day-old challah, about ½ a large loaf
- 3 cups coconut milk or soy milk
- 2 large eggs
- 1 cup packed light brown sugar
- 2 tablespoons rum
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- Pinch ground nutmeg
- ½ cup raisins
- Nondairy whipped cream for serving, optional

Directions

Preheat oven to 350 °F. Grease a 9-inch square baking dish with coconut oil.

Place bread cubes in a large bowl.

In a medium bowl, beat coconut milk, eggs, brown sugar, rum, vanilla, cinnamon, nutmeg, and raisins. Pour over the bread and mix thoroughly.

Spoon bread mixture into the prepared baking dish. Let rest for 20 minutes.

Bake for 30 minutes or until a knife inserted in the center comes out clean.

Serve warm or at room temperature with freshly whipped nondairy cream, if desired.

 Recipe courtesy of **QUICK & KOSHER Meals in Minutes** by Jamie Geller (Feldheim 2010).
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STEP-BY-STEP GUIDE

6 BRAID ROUND CHALLAH



STEP 1:

Prepare 6 ropes of challah dough. Lay three ropes horizontally. Take one of the remaining three ropes of dough and create an over under weave pattern. Place vertically over the first horizontal rope, under the second horizontal rope and back over the third horizontal rope.



STEP 2:

With the remaining two ropes of dough, repeat the over under weave pattern in alternating fashion: The second rope goes under, over, under and the third rope goes over, under, over.



STEP 3:

Make 4 traditional braids using each grouping of three ropes at the top, bottom, right and left and pinch to seal.

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STEP 4:

Fold each braid under the woven challah gently pushing upwards as you tuck under.



STEP 5:

Egg Wash and sprinkle with Cinnamon Sugar Blend if desired.

STEP 6: EnJOY!!





THE BEST CHALLAH RECIPE



ONE HOUR CHALLAH



CHALLAH IN A BAG



MATCHA HONEY CHALLAH