

Challah Bread

Challah is an enriched bread dough (so we bake at a lower temp, and give it an egg wash and sometimes toppings). This one can also be enhanced by topping after the bake with a honey butter wash. The yeast needs to be increased because this much sugar and fat inhibits the yeast.

Ingredients

- 400 g wheat berries, hard

DR. MEL'S QUICK NO-WAIT YUDANE

- 40 g water, boiling
- 20 g flour, any (from the milled flour)

REMAINING INGREDIENTS

- 200 g milk, whole
- 8 g sea salt
- 17 g yeast
- 8 g lemon, juice
- 30 g sugar, granulated
- 3 g barley malt syrup
- 50 g butter (softened)
- 85 g egg, yolk (4-5 yolks)

EGG WASH:

- 50 g egg, whole (1 whole egg)
- 10 g water (1 tbsp)

Directions

1. Mill wheat berries on the finest setting.
2. Make the Yudane: Quickly mix 20 grams of flour from step 1 with 40 grams boiling water until a paste forms.
3. Pour the COLD water over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the remaining wet ingredients and flour, and mix until combined.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add yeast and salt and knead another minute or two.
7. Add the butter.
8. Knead until the dough is smooth, elastic, and passed a windowpane test.
9. Let the dough rise until almost doubled in size. This is a wet dough - the first rest is not optional. Only add flour during shaping, if needed.
10. Gently fold the dough to even out the dough temperature.
11. Preheat oven to 400 F.
12. On a floured board, separate the dough into 2, then each section can be separated into 3 pieces, which should be rolled out like play dough into logs. You will connect them at the top by pressing them into your board, and then braid them by alternating bringing the outside strands into the middle from each side. Use only as much flour as necessary to make the dough workable.

13. Let rise on a sheet pan with parchment, until a finger pressed into the dough springs back slowly. Try to keep the crust from drying out by brushing the crust with water or covering with a damp towel.
14. Just before baking you should liberally brush with egg wash, and top with seeds or your choice of topping.
15. Place baking sheet in oven, and bake for 15-25 minutes, or until 190 F in the center of the thickest part of the loaf.
16. Remove pan from oven and cool completely before slicing. Optional: a honey butter mixture can be washed on top once removed from the oven for super soft, sweet crust.

Notes