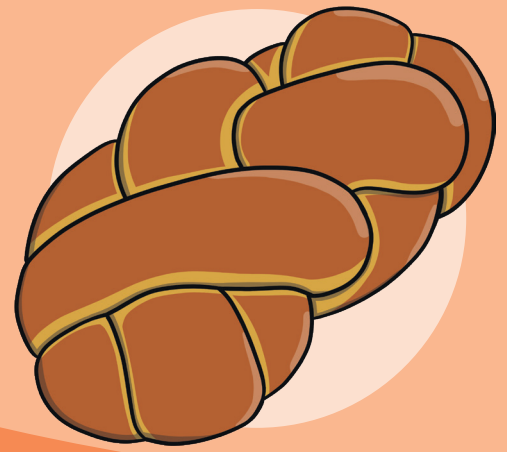


Challah Bread



Ingredients

- 125ml lukewarm water
- 3.5g dry active yeast
- $\frac{1}{2}$ teaspoon honey
- $\frac{1}{2}$ dessert spoon honey
- 285g plain flour (plus extra for dusting the work surface)
- Pinch of salt
- 3 large eggs
- Vegetable oil

Equipment

- Weighing scales
- Large mixing bowl
- Measuring jug
- 2 clean tea towels
- 2 bowls
- Knife and fork
- Wooden spoon
- Pastry brush
- Baking paper and baking tray

A Jewish bread eaten on the Sabbath - a holy day of rest and celebration for Jewish people. The Sabbath begins at nightfall on Friday and lasts until nightfall on Saturday.

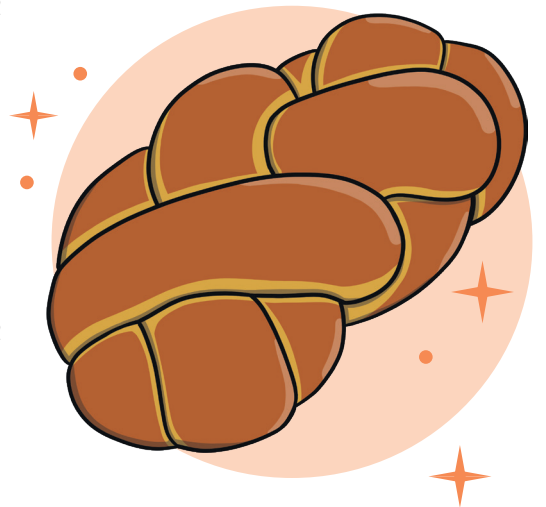
Method

First wash your hands and put on an apron. Ask an adult to sanitise the work surface. Remember to wash your hands after handling raw egg and yeast.

- 1 Pour the warm water into the jug.
- 2 Add the yeast and $\frac{1}{2}$ teaspoon of honey to the water.
- 3 Cover the jug with a tea towel and leave to one side.
- 4 Crack two eggs into a bowl. Add $\frac{1}{2}$ dessert spoon of honey, a pinch of salt and whisk with a fork.
- 5 Check your yeast mixture. Once it has gone bubbly, add it to the plain flour in a large mixing bowl.
- 6 Add the egg mixture and mix with the wooden spoon until a dough is formed.

Method

- 7 Tip the dough onto a floured surface and knead until smooth.
- 8 Brush the large bowl with the oil and then put the dough in the bowl. Cover with a clean tea towel and leave it to rise in a warm place until it has doubled in size.
- 9 Once the dough has risen, dust the work surface with flour. Then, knead the bread again to remove the air.
- 10 Roll the dough into a thick sausage and then cut into three equal pieces.
- 11 Roll each piece into a thin sausage and then plait the three pieces - you may need an adult to help with this bit. Tuck both ends underneath the loaf to round the ends off neatly.
- 12 Place the dough on the baking paper and put this on a baking tray.
- 13 Crack the last egg into a bowl and use the pastry brush to coat the dough with egg wash. Don't add too much or the dough will become too wet and soggy.
- 14 Ask an adult to put the dough in the oven. It needs to go in at 180° (gas mark 6) for 25-30 minutes.
- 15 An adult must remove the bread from the oven. Let it cool before eating.
- 16 **Enjoy!**



Disclaimer

We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.