

HOLOCAUST MUSEUM LA L'Dough V'Dough

Challah Dough Prep

The attached video includes instructions on how to prepare challah dough, the meaning and symbolism behind each ingredient, and includes some Holocaust history!

We recommend beginning the dough preparation between 10am-12pm, to ensure that the dough has enough time to rise before we come together to braid it!

To begin, take out all of your ingredients and supplies, then start the video and follow along! (If you have your own challah recipe, please feel free to use it).



Ingredients

- 1 teaspoon salt
- 4 cups all purpose flour (plus extra for rolling out dough)
- 1/3 cup granulated sugar
- 1 Tablespoon or 1 packet (3/4 oz.) dry or active yeast
- 1 ¼ cup warm water
- 2 eggs (one for baking and one for egg wash)
- ¼ cup oil (olive or vegetable)
- An abundance of love and compassion

Optional garnish: sesame seeds, chocolate, poppy seeds, raisins, or more!

Supplies

- Measuring cups & spoons
- 1 large mixing bowl
- 1 medium mixing bowl (at least 4 cups)
- 1 mixing spoon
- clean, flat surface to work on
- 1 clean kitchen towel
- 1 baking sheet
- Parchment paper, aluminum foil, or saran wrap



Simplified Instructions

1. Combine yeast, 3 tbsp sugar, and water in your large bowl; cover and set aside
2. Combine flour, salt, and remaining 3 tbsp of sugar in your medium bowl
3. Return to the bowl containing yeast and uncover; add 1 egg and oil and stir to combine
4. Slowly add dry ingredients to wet, using your hands or a wooden spoon to incorporate
5. Turn mixture onto a floured work surface and knead for about 10-15 minutes, continuing to flour your surface as you work, to prevent sticking. You can also use an electric mixer with a dough hook.
6. After dough begins to smooth out and is no longer sticking to your surface, form dough into a ball and place in a lightly oiled bowl; cover tightly with saran wrap, punch a few holes in the wrap, and cover with a towel; set aside in a warm or room-temperature space
7. Let dough rise for 3-4 hours, uncovering and punching the air out twice during the rising process, about every hour and a half. Dough should about double in size between each punch-down.

Note: challah is a very forgiving dough. Don't worry if it's not rising perfectly, or becoming perfectly smooth when kneading, or getting stuck to your hands. It will turn out delicious! Have fun!

