

# THE FLEXITARIAN COOK

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## Challah

### *Ingredients:*

5 cups all-purpose flour	1/3 cup warm water
3 eggs	2 tsp dry active yeast*
2 tsp salt	1/4 tsp sugar
1 cup milk	1 Tbsp honey or sugar

*\* If using instant yeast, skip the first step and simply mix the yeast and water along with the flour.*

Proof the yeast: whisk it with 1/4 tsp sugar in warm water. Let stand 5 min until bubbly. It is now ready to use.

Mix all dry ingredients in food processor by pulsing briefly. Turn the machine on high. Through the feed tube, add eggs (whole), proofed yeast, milk and sweetener. Continue processing about 45 seconds. The dough should have formed into a slightly sticky ball. If too sticky, add a little more flour and process briefly. If too dry, add 1 Tbsp water and process a few seconds more.

Remove dough, knead briefly and shape into a ball. Place into a well-greased bowl, and let rise approx. 1.5 to 2 hours, until the dough has about doubled in bulk.

Punch down and knead briefly.

Divide the dough in three equal pieces. Shape into balls, cover, and let rest about 20 mn on a floured surface.

Roll each ball into an 18" rope. Place ropes on a greased baking sheet. Secure ends by pressing them together and braid the rope as you would hair. Secure and tuck the ends under.

Cover the challah and let rest another 40 min while your oven preheats to 375. When ready, brush with an egg wash (one egg yolk whisked with 2 tsp water) before putting in the oven.

After about 40 min, remove the challah from the oven. You will know it's done when the bottom sounds hollow when you tap it. Let it cool on a wire rack before slicing.