



# Challah Recipe

A RECIPE BY REBBETZEN JOANNE DOVE

## ingredients

- 1 ½ kilo Strong White Challah Flour
- 60g Fresh Yeast
- 1 cup Sugar
- ½ cup Oil
- 1 Egg
- 2 tablespoons Salt
- 700ml Water
- Poppy, Sesame or pumpkin seeds (optinal)
- 1 egg, beaten, mixed with 4 teaspoons water, for brushing challah.

## directions

- Place cube of yeast in lukewarm water with 1 teaspoon of sugar
  - Leave for 10 minutes until frothing
  - Put all other ingredients in the mixer and knead making sure that the dough is not too sticky- might need a little extra flour or water depending on consistency.
  - Leave to knead for about 10 minutes.
  - Cover
  - Leave to rise until dough doubles in size.
  - Separate a golf ball size piece of dough.
  - Depending on your quantity of challah says the blessing.
  - Plait dough
  - Leave to rise a second time
  - Optional: sprinkle on poppy, sesame or pumpkin seeds.
  - Bake at 190c until nice and brown
  - Tap bottom of challahs for a hollow sound to make sure that they are cooked.
- Enjoy!**



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# Bracha for Challah

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַפְרִישׁ חֲלָה מִן הָעֶסָה.

*be'mitz'vo'tav ve'tzi'va'nu le'haf'rish challah*  
[some add: *min ha'isah*].

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].

הרי זו חלה

*Ha'rei zo challah*

This is Challah

יהי רצון מלפניך ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁהַמִּצְוָה שֶׁל הַפְּרִשַׁת חֲלָה תִּחְשַׁב כְּאִלוּ קִיּוּמָתִיהָ בְּכֹל פְּרֻטְיָהּ וְדִקְדוּקָיָהּ, וְתִחְשַׁב הֶרְמַת הַחֲלָה שְׁאֵנִי מְרִימָה, כְּמוֹ הַקֶּרֶבֶן שֶׁהִקְרַב עַל הַמִּזְבֵּחַ, שֶׁנִּתְקַבַּל בְּרָצוֹן. וְכֵמוֹ שֶׁלְפָנִים הִיְתָה הַחֲלָה נְתוּנָה לְכַהֵן וְהִיְתָה זֹו לְכַפֶּרֶת עֲוֹנוֹת, כִּי תִהְיֶה לְכַפֶּרָה לְעֹוֹנוֹתַי, וְאַזְ אֵהִיָּה כְּאִלוּ נוֹלַדְתִּי מִחֻדָּשׁ, נְקִיָּה מִחַטָּא וְעוֹן. וְאוֹכַל לְקַיֵּם מִצְוֹת שֶׁבֶת קִדְּשׁ וְהַיָּמִים הַטּוֹבִים עִם בְּעָלִי וְיִלְדֵינוּ, לְהִיּוֹת נְזוּנִים מִקְדַּשַׁת הַיָּמִים הָאֵלֶּה. וְמִהַשְׁפָּעָתָה שֶׁל מִצְוֹת חֲלָה, יִהְיוּ יִלְדֵינוּ נְזוּנִים תָּמִיד מִיָּדְיוֹ שֶׁל הַקְּדוֹשׁ בְּרוּךְ הוּא, בָּרַב רַחֲמָיו וְחַסְדָּיו, וּבְרַב אַהֲבָה, וְשֶׁתִּתְקַבַּל מִצְוֹת חֲלָה כְּאִלוּ נִתְּתִי מֵעֶשֶׂר. וְכֵשֶׁם שֶׁהֲנִי מְקַיֶּמֶת מִצְוֹת חֲלָה בְּכֹל לֵב, כִּי יִתְעוֹרְרוּ רַחֲמָיו שֶׁל הַקְּדוֹשׁ בְּרוּךְ הוּא לְשַׁמְרָנִי מִצַּעַר וּמִמְכָּאוּבִים כָּל הַיָּמִים,

אָמֵן:

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**"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 enabled 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."**

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