



Challah



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

Ingredients

- ☐ 1.5 tablespoons yeast dry
- ☐ 0.3 cup canola oil plus more oil for the bowl
- ☐ 4 large eggs
- ☐ 0.5 cup sugar
- ☐ 1.5 tablespoons kosher salt
- ☐ 4 servings nigella seeds white for sprinkling
- ☐ 2.5 cups milk whole

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat the milk in a small saucepan over low heat just until it's warm to the touch.
- ☐ Remove from the heat.
- ☐ Dump the flour into a large bowl and make a well in the center.
- ☐ Add the yeast to the well along with a few drops of honey and 1/2 cup or so of the warm milk.
- ☐ Let stand until foamy, about 10 minutes.
- ☐ In a separate bowl, combine the remaining milk and honey, the oil, and 3 of the eggs. Stir together.
- ☐ Add the salt and stir again. Gradually stir the liquid mixture into the flour, about 1/2 cup at a time. When the dough becomes sticky and difficult to stir, dump onto a floured surface and knead it by hand, adding a little more flour if necessary to keep it from sticking, until smooth and elastic.
- ☐ Knead the dough into a ball. Slick another large bowl with oil, add the dough, and turn to slick the surface with oil. Cover with a damp cloth and let stand in a warm place until double in size, 1 to 1 1/2 hours.
- ☐ Line 2 baking sheets with parchment paper. Gently punch the dough down and turn it onto a floured surface. Divide the dough into four equal portions, working with one portion at a time and keeping the rest covered with a damp cloth. Divide one portion of dough into three equal pieces and roll each piece into a rope about 1 foot long and slightly tapered at the ends. Line the ropes side by side on one side of the baking sheet and braid them, pinching the ends to seal and tucking them underneath. Repeat this process with the remaining dough until you have four nicely braided loaves. Cover with a damp cloth and let stand until nearly double in size, another 25 minutes or so.
- ☐ Preheat the oven to 350°F.
- ☐ Lightly beat the remaining egg and brush it over the tops of the challah loaves.
- ☐ Sprinkle with the nigella or sesame seeds.
- ☐ Bake the loaves until golden brown, 20 to 30 minutes.

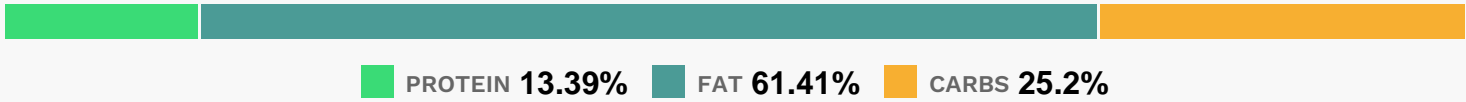
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Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:20.16, Inflammation Score:-4, Nutrition Score:12.737826073056%

Nutrients (% of daily need)

Calories: 567.89kcal (28.39%), Fat: 38.47g (59.18%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 32.6g (11.85%), Sugar: 32.95g (36.61%), Cholesterol: 204.3mg (68.1%), Sodium: 2746.13mg (119.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Vitamin B2: 0.5mg (29.63%), Selenium: 18.52µg (26.46%), Phosphorus: 262.58mg (26.26%), Calcium: 217.9mg (21.79%), Vitamin B12: 1.27µg (21.16%), Vitamin E: 3.05mg (20.34%), Vitamin B1: 0.27mg (18.03%), Vitamin D: 2.68µg (17.85%), Vitamin B5: 1.54mg (15.38%), Folate: 58.6µg (14.65%), Fiber: 3.28g (13.13%), Vitamin A: 517.05IU (10.34%), Vitamin K: 10.6µg (10.09%), Vitamin B6: 0.2mg (10.03%), Zinc: 1.4mg (9.32%), Potassium: 313.11mg (8.95%), Magnesium: 25.18mg (6.29%), Iron: 0.94mg (5.24%), Vitamin B3: 0.8mg (4%), Copper: 0.05mg (2.39%), Manganese: 0.03mg (1.63%)