

# Challah Crowns

 Vegetarian  Dairy Free

READY IN



240 min.

SERVINGS



16

CALORIES



103 kcal

BREAD

## Ingredients

- 3 large egg yolks
- 3.5 ounces flour all-purpose for kneading (1 pound,)
- 0.3 cup honey
- 1 tablespoon kosher salt
- 0.3 cup olive oil extra-virgin
- 1 tablespoon poppy seeds
- 0.9 ounce sugar
- 1 cup warm water

- 2 large eggs whole
- 2.3 teaspoons rapid rise yeast ()

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wooden spoon
- kitchen thermometer
- kitchen towels

## Directions

- Whisk the flour, sugar, and yeast together in a large bowl and make a well in the center.
- Whisk the water and honey with 1 whole egg, all the yolks, olive oil, and salt in a small bowl and pour into the well. Stir the wet ingredients into the dry ingredients with a wooden spoon to make a soft, shaggy, moist dough. Turn the dough out on a lightly floured surface and knead by hand, adding up to 3/4 cup more flour as needed, until the dough is soft and supple, about 8 minutes. Shape the dough into a ball.
- Brush a large bowl with oil and turn dough around in bowl to coat lightly. Cover bowl with a clean kitchen towel and set aside until dough doubles in size, about 1 hour. Turn dough onto a lightly floured surface; knead briefly to release excess air, re-shape into a ball and return to the bowl. Cover and set aside until doubled in size, about 1 hour.
- Line 2 baking sheet pans with parchment paper. Divide the dough in half. Lightly dust hands with flour and roll each portion of dough into a 30-inch-long log. (If dough resists, then cover and let rest for 5 or 10 minutes before shaping). Spiral each length of dough around itself to form a coiled round loaf on the prepared pans. Lightly stretch the end of the coil and moisten it with water; gently press the end into the side of the round to seal the coil into a loaf. Press down on the loaves gently, cover with a kitchen towel and set aside until doubled, about 1 hour.

- Position a rack in the center of the oven and preheat to 450 degrees F. Beat the remaining egg with a tablespoon of water and brush loaves evenly with it; sprinkle with poppy seeds if desired.
- Put the loaves in the oven and immediately turn the oven down to 400 degrees, and bake until golden brown and an instant-read thermometer inserted into the center of the crown registers 190 degrees F, about 30 to 35 minutes.

## Nutrition Facts

**PROTEIN 8.46%** **FAT 43.85%** **CARBS 47.69%**

### Properties

Glycemic Index:12.65, Glycemic Load:7.54, Inflammation Score:-1, Nutrition Score:3.0100000236669%

### Nutrients (% of daily need)

Calories: 103.42kcal (5.17%), Fat: 5.15g (7.92%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 12.19g (4.43%), Sugar: 7.42g (8.24%), Cholesterol: 57.67mg (19.23%), Sodium: 448.03mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Selenium: 5.98µg (8.55%), Folate: 29.78µg (7.44%), Vitamin B1: 0.11mg (7.31%), Vitamin B2: 0.1mg (5.71%), Manganese: 0.09mg (4.59%), Vitamin E: 0.65mg (4.32%), Phosphorus: 39.47mg (3.95%), Iron: 0.6mg (3.34%), Vitamin B5: 0.28mg (2.84%), Vitamin B3: 0.56mg (2.81%), Vitamin K: 2.09µg (1.99%), Vitamin D: 0.3µg (1.98%), Zinc: 0.29mg (1.97%), Vitamin B12: 0.12µg (1.97%), Calcium: 17.95mg (1.79%), Vitamin B6: 0.03mg (1.71%), Fiber: 0.41g (1.64%), Copper: 0.03mg (1.61%), Vitamin A: 79.71IU (1.59%), Magnesium: 4.76mg (1.19%)