

In merit of the 1 in 6 Jewish couples waiting for their miracle babies, PG their prayers should be answered soon.

Ingredients

35 grams of yeast
4 1/2 cups warm water
1 1/2 cup sugar
1 cup canola oil
2 eggs
2 kg baking flour
2-3 tablespoons salt

Procedure

1. In a large bowl combine the yeast, water and sugar.
2. Wait 5-10 minutes and then add the oil, eggs, baking flour and salt.
3. At first the batter may be mixed with a wooden spoon, but when it begins to form a dough, start kneading it with your hands. Knead the dough for about 10 minutes, until it becomes soft, pleasant and not sticky.
4. Cover the bowl and allow to rise until double in bulk (2-3 hours).
5. Separate challah and recite the blessing.
6. Knead the dough for a few minutes and then form loaves. Place in a pan, leaving plenty of space between loaves, and allow to rise for another 1 hour.
7. Brush with beaten egg, sprinkle with a topping of your choice and bake in a preheated oven at 180°C for 35-45 minutes until golden brown. Remove from the oven and allow to cool on a wire rack.



WHEN IS CHALLAH SEPARATED?

The Flour: Challah is separated when the dough is made of one or more of the following five grains: wheat, rye, barley, oat or spelt.

The Liquid: Any liquid content of the dough qualifies to require separating Challah (e.g. water, oil, juice, eggs etc.). However, in order to definitely be able to recite the blessing, some of the liquid content should be water. Therefore, when baking a recipe that does not call for water, it is advisable to nevertheless add a little water into the mix.

The Dough: Challah is not separated from some loose batters and sweet pastries (as opposed to a heavy batter/dough, like that of bread or babka).

The Quantity: In order to separate challah and recite the blessing, the dough should contain at least 1 and 2/3 kilograms of flour. If the amount of flour is between 1.2 to 1.7 kilograms, challah should be separated without a blessing. However, if the dough contains less than 1.2 kilograms of flour, challah is not separated.

HOW TO SEPARATE CHALLAH

- 1 Place the dough in front of you, before it has been divided and shaped into loaves. If the dough has been kneaded in several batches, combine it all in a single bowl.
- 2 Some have the custom to give charity before fulfilling this special mitzvah. This is a favourable time for personal requests and prayers.
- 3 Recite the blessing. If you do not understand the Hebrew, you can recite the blessing in English, or in any other language you understand.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַפְרִיֵשׁ חֻלָּה

BA-RUCH A-TAH A-DO-NAI ELO-HAI-NU ME-LECH HA-O-
LAM A-SHER KID-SHA-NU B'MITZ-VO-TAV V'TZI-VA-NU
L'HAF-RISH CHAL-LAH

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.

- 4 Separate a small piece of dough, approximately 28g, and say: "This is challah." Burn the challah by wrapping it in a piece of silver foil and placing it in the oven, or by any other method. If burning it inside the oven, there should be no other food baking in the oven at the same time.