

# Challah for Shabbat

## Jan Robertson

Makes 4 – 1 lb-loaves (8 servings each)



### Ingredients

2 medium baking potatoes, peeled and cut into two inch pieces  
10 cups bread flour  
1 ½ cups granulated sugar  
1/8 teaspoon powdered turmeric  
½ cup vegetable oil  
6 egg yolks  
6 whole eggs + 2 eggs for glaze  
3 teaspoons salt  
3 tablespoons yeast or four packets rapid rise yeast  
½ cup raisins soaked in warm water or rum until plump (optional)  
½ cup sesame seeds, poppy seeds, everything bagel seasoning (optional)

### Directions

1. In a large saucepan, cover cubed potatoes with 4 cups cold water and boil for 30 minutes. Measure out 2 ½ cups of the starchy liquid. Allow to cool to 120 degrees.
2. Dissolve 3 tablespoons of yeast and ¼ cup of the sugar in ½ cup of the warm potato water. Set aside to proof.
3. Beat together 6 eggs, egg yolks and remaining sugar until very well mixed, approximately 2 minutes.
4. Add remaining 2 cups of potato water, turmeric, oil, salt and yeast mixture to eggs and beat well.
5. Put 7 cups of flour into a large bowl. Make a well in the center and add all liquid ingredients. Mix with large spoon until a ball of dough forms, adding small amounts of flour as necessary to form a soft dough.
6. Lightly sprinkle a flat surface with reserved flour and knead dough for approximately 10 minutes or 500 strokes.
7. Drain raisins and add towards the end of the kneading process, if desired.
8. Place dough in a well-oiled mixing bowl, turning to coat all sides and cover dough with plastic wrap or a clean silicone baking mat. Cover bowl with a clean towel.
9. Bring one cup of water to a boil in a coffee mug in the microwave and place in back corner of oven. Place bowl of dough in the oven and allow to double in size, approximately 60 minutes.

10. Punch dough down, cut into four pieces, and place on separate, parchment or silicone baking mat lined cookie sheets.
11. Taking one piece at a time, cut into 3, 4 or 6 pieces and braid into desired shape. Brush with vegetable oil and leave uncovered to rise for 60 minutes.
12. Take two remaining eggs and beat with 1 teaspoon of water.
13. Brush challahs with beaten egg wash and let dry for 10 minutes.
14. Preheat oven to 350 degrees.
15. Brush challahs again with beaten egg wash and let dry for another 10 minutes.
16. Sprinkle seeds over braided challahs, if desired.
17. Place challahs in oven for 15 minutes, then rotate to allow for even baking.
18. Bake for a total of 30-35 minutes or until temperature reads 180 degrees in the center of the challah.
19. Allow to cool on cookie sheet for 5 five minutes and then remove to a cooling rack until completely cool.



## Nutrition Facts for Jan's Challah

Serving size: 2 ounces

Servings: 32

Amount per serving

Calories	237
% Daily Value*	
<b>Total Fat</b> 5.8g	7%
Saturated Fat 1.4g	7%
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 235mg	10%
<b>Total Carbohydrate</b> 39.8g	14%
Dietary Fiber 1.3g	5%
Total Sugars 9.6g	
<b>Protein</b> 6.4g	
Vitamin D 7mcg	36%
Calcium 17mg	1%
Iron 2mg	13%
Potassium 83mg	2%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by [Verywellfit.com](http://Verywellfit.com)