

Challah bread

Description

No shabbat meal is complete without the challah. Fluffy, light and slightly sweet.

Recipe group	Additional name	Diet factors	Portions	Portion size
Baked Goods	CJFE	VG, NF, SF	12	4.42 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3/4 cup	6 oz	0%	6 oz	Water	Place the yeast, 1 tablespoon sugar, and ¾ cup water in the base of a stand mixer with the dough hook attachment. Allow to sit until the yeast begins to bloom, and the water is bubbly, approximately 5 minutes.
	1 tbsp	0.44 oz	0%	0.44 oz	Sugar, White, granulated	
	2 tbsp	0.70 oz	0%	0.70 oz	Yeast, Dry Active	
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 tbsp	2.88 oz	0%	2.88 oz	Oil, Canola	Add the oil, salt, agave nectar, and the remaining sugar and mix on a low speed until combined.
	2 1/2 tsp	0.24 oz	0%	0.24 oz	Salt, Kosher	
	1/4 cup	2.72 oz	0%	2.72 oz	Syrup, Agave, raw	
	5 tbsp	2.22 oz	0%	2.22 oz	Sugar, White, granulated	
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	1 lb 11.60 oz	0%	1 lb 11.60 oz	Flour, All-Purpose	Add the flour slowly, then the remaining water. Mix on medium speed for 4-5 minutes, until the dough forms into one ball. Transfer to a flour dusted surface and knead for another few minutes. Transfer to a well oiled bowl (or back into the mixer), cover with a damp towel, and place in a warm place (like the top of a 200°F oven) until it doubles in size, approximately 45-60 minutes.
	1 cup	8 oz	0%	8 oz	Water	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/4 cup	2 oz	0%	2 oz	Aquafaba (bean juice)	Form into two equal sized balls, each one will be a loaf of challah. For a 3 braided challah, divide each ball into thirds. Roll out each ball into thin strands, approximately 18 inches long and place on a well oiled, parchment paper lined baking sheet. Pinch the tops of the strands together and tuck under the loaf. Take the far right braid and place over the middle braid. Then take the far left braid and fold over the middle braid. Repeat this process until you reach the bottom of the strands, then pinch together and tuck under the loaf. Baste with the aquafaba and sprinkle with sesame seeds. Cover with a slightly damp cloth, place in a warm place, and allow to double in size, approximately 45-60 minutes.
	2 tsp	0.22 oz	0%	0.22 oz	Sesame Seed, whole	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						Preheat oven to 350. Place the challah in the middle rack of the oven, and bake until golden brown, approximately 25-30 minutes.

RECIPE IMAGES



Challah bread

MEMO

This recipe was commissioned by the Center for Jewish Food Ethics, developed by Chef Mark Reinfeld, and tested by chefs at Humane World for Animals

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	0.56 g		
Total fat	7.86 g	19.84 %	350.10 kcal 1,464.82 kJ	Salt	0.45 %	Vitamins	
Saturated	0.66 g	1.66 %		Sodium	223.80 mg	Vitamin A	0.51 µg
Monounsaturated	4.53 g	11.45 %		Phosphorus	84.29 mg	Vitamin D	0.00 µg
Polyunsaturated	2.30 g	5.80 %		Potassium	88.42 mg	Thiamine	0.27 mg
Trans fatty acids	0.03 g	0.07 %		Iron	0.89 mg	Riboflavin	0.11 mg
Cholesterol	0.00 mg			Calcium	15.61 mg	Niacin	1.55 mg
Linolenic acid	1.66 g	4.19 %		Zinc	0.63 mg	Vitamin B6	0.07 mg
Alpha-linolenic acid	621.67 mg	1.57 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	61.76 g	71.67 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	10.83 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	17.13 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	2.28 g	1.24 %		Iodine	0.00 µg	Vitamin C	1.10 mg
Organic acids	0.00 g	0.00 %		Selenium	22.56 µg	Vitamin E	1.29 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.12 mg	Vitamin K	6.50 µg
Starch	0.00 g	0.00 %					
Protein	7.50 g	8.71 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		47.16 g	

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.