

Prayer on Separating the Challah

May it be your will, Eternal our God, that the commandment of separating challah be considered as if I had performed it with all its details and ramifications. May my raising of the challah be comparable to the sacrifice that was offered on the altar, which was acceptable and pleasing. Just as giving the challah to the kohen in former times served to atone for sins, so may it atone for mine and make me like a person reborn without sin.

May it enable me to observe the holy Sabbath (or holy day of _____) with my husband (and our children) [note: Jasmin usually reads “family” instead] and to become imbued with its holiness. May the spiritual influence of the mitzvah of challah enable our children to be constantly sustained by the hands of the Holy One, blessed is He, with His abundant mercy, loving-kindness, and love.

Consider the mitzvah of challah as if I have given a tithe. As I am fulfilling this mitzvah with all my heart, so may Your compassion be aroused to keep me from sorrow and pain always. Amen.

Jewish Challah Shabbos Bread (parve) Recipe

Ingredients

This recipe has seven ingredients, for the seven days of the week. Each measurement also has a symbolic meaning: one cup of sugar (One God), two tablespoons of salt (for the tablets of the Law), three cups of water (for the patriarchs, Abraham, Issac, and Jacob), four packages of yeast (for the matriarchs, Sarah, Rebecca, Rachel and Leah), seven eggs (six for the challah itself and the seventh for glazing, just as the Shabbat embellishes the six days of Creation), ten tablespoons of olive oil (for the Ten Commandments), and twelve cups of flour (for the twelve tribes of Israel).

1 cup sugar
2 tablespoons kosher (course) salt (plus extra salt to garnish each loaf)
3 cups water
4 packages active dry yeast, ¼ ounce packets

7 eggs (one reserved for glaze)
10 tablespoons olive oil
12 cups flour (wheat, unbleached, white, multigrain, or a mixture; I like
1 cup gluten flour, 5 cups multigrain and 6 cups unbleached white
flour)

Nutritional Info

- **Fat:** 2.9g
- **Carbohydrates:** 5.2g
- **Calories:**50.6
- **Protein:** 1.1g

Dissolve the sugar and salt in 1-½ cups of very hot water. Add the olive oil and 6 beaten eggs. Cool to lukewarm. Sprinkle yeast into 1-½ cups of lukewarm water to begin the fermentation process. Sift the flour into a very large bowl and make a well in the flour. When all the liquids are lukewarm and the yeast has foamed (approximately 5 minutes), pour liquids into flour and turn with a spoon. Turn the dough on well-floured surface and knead until smooth and elastic, adding a little more flour if necessary. Rinse the bowl, dry and grease with oil. Place dough into bowl; cover with a damp cloth and place in warm spot to rise. Allow to rise until doubled in bulk; approximately 1-2 hours. Turn the dough on floured surface and punch it down.

Alternately, this recipe can be made in a large mix master or bread maker. Make sure your machine can handle this large amount of dough.

Divide into number of loaves you want to make. This recipe is suited for 8 small loaves, 6 medium or 4 large loaves. Divide either the 8 or 4 lumps, one at a time into 3 sections and roll into strips. Braid the 3 strips into a challah loaf. Place on greased cooking sheet or baking stone sprinkled with cornmeal. Rise until doubled in bulk. [Customarily, a small amount, about the size of a very large egg, is separated and burned in the oven as a symbolic offering, while the bread is raising.]

Brush each loaf with beaten egg glaze, and sprinkle salt on the top of the loaf. Bake in a preheated 325 degree oven to golden brown. 30 minutes for medium challah. 45-60 minutes for large challah.

Calorie calculations are for 6 loaves having 10 slices each. Caloric

values may vary depending on how big your loafs/slices are, and type of flour and olive oil used.

Number of Servings: 60