



Challah Prince

# BRAIDING CHALLAH

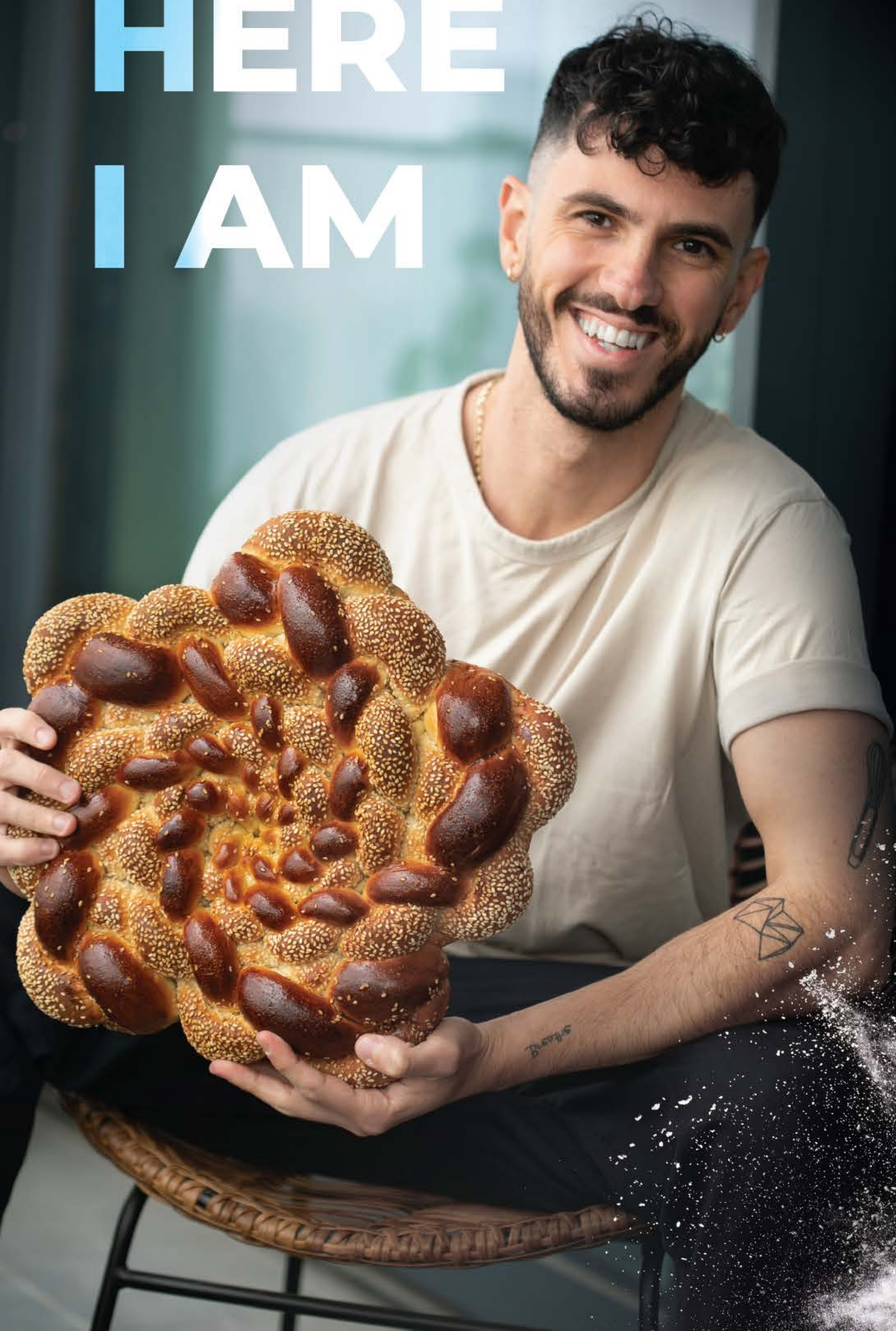
*with the Challah Prince*



  
Challah Prince



# HERE I AM



## BORN AND RAISED IN TEL AVIV

and back to the Challah-land after 7 years in Berlin, Germany, I have always been an artist. With a background in professional dancing, video production, art, and meditation facilitator, it is now my mission to bring art into the baking world and to demonstrate the beauty of every single piece of Challah. I have been baking this traditional Jewish bread for years for friends and family, and in the process discovered a world of beauty, spirituality, and personal growth.

## BUT THE HOBBY

remained a hobby, until one evening in January 2020. After a breathing and meditation session, I am grateful to have been inspired to bring "Challah Prince" to life

## FOR ME,

the Challah is a lot more than just delicious traditional food - creating a Challah, after all, is not just about mixing a few ingredients into a bowl. It's a therapeutic process one goes through without even realizing it: one has to learn to enjoy the process and to be in the moment, even if the results are not as expected. My vision is simple - to follow the Challah braid wherever it leads.

## IT WAS ON

**ROSH HASHANAH 2020**, as the world was engulfed in the Covid-19 pandemic, when I let out my wishes to hold a US workshop-tour to the world. While celebrating the holiday, I found myself praying and tuning my heart and mind to this specific goal.

Releasing into the world my intentions and energy, the US tour finally became a reality.

## I HAVE BEEN BLESSED,

humbled and forever grateful for all the love and support I received from communities all around the world since my early beginnings. The vision to unite and cater to all Jews, whether in the Diaspora or Israel, was a dream that manifested into the life I live every day.

*Idan*





**REMEMBER!**  
*you control*  
**THE DOUGH**





# CHALLAH PRINCE'S RECIPE

## Ingredients

### DOUGH

White wheat flour	1kg / 2.2 lbs (7 cups)	2.27 Kg / 5 lbs (15 cups)
Active dry yeast	14g (1½ tbsp)	30g (3¼ tbsp)
Sugar	100g (½ cup)	220g (1¼ cup)
Salt	20g (1 tbsp)	44g (2¼ tbsp)
Sunflower or olive oil	100g (½ cup)	225g (1¼ cup)
Water	450g (2 cups)	1020g (4¼ cup)

Egg Wash (2 Egg yolks) and Sesame seeds for toppings.

## Instructions

### MAKING THE DOUGH

Pour all the dry ingredients into the mixer bowl.

Add half of the amount of the water and the oil and start kneading, using a dough hook at a slow speed for about two minutes, until the water is completely absorbed.

For kneading by hand, one hand stirs the mixture, while the other holds the bowl. At this point, I love to give the dough my full attention. Being present is part of the process.

Pour the rest of the water, and only when the ingredients have been fully incorporated, continue kneading on a medium speed for 10-13 minutes until you get a flexible, smooth and soft dough. Not sticky and not too dry.

### FIRST RISING

In a slightly greased ball, place the dough rolled into a nice smooth ball. Rub some oil on top of the ball before covering it with saran wrap/plastic or a damp kitchen towel and let it rise at room temperature until it doubles in size.

A humid environment for our dough will support the fermentation/rising stage and will prevent the dough from drying out. A cold room temperature will slow down the activity of the yeast and might prolong this stage.

## Notes

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This recipe will yield about 1650g of dough (2.2lbs) / 3800g (5lbs). I strongly recommend weighing each ingredient with a kitchen scale to avoid inconsistencies: due to the variations in density in how you'll fill your cups or spoons, you will not be able to reproduce the recipe over time.

### DIVIDING THE DOUGH

Divide the dough into defined weighted smooth balls.

The number and weight of each ball depends on the type and size of Challah you'll be making.

Each ball represents a strand that will be used to braid.

Cover the balls with plastic or a towel for an additional 15-25 min.

### ROLLING AND BRAIDING

Release the air from each ball by gently pressing and folding it with your hands and rolling it into a strand.

If the dough does not roll or stretch properly, DO NOT force it. Most likely, it will tear the dough and ruin the gluten structure. Give it another 3-4 minutes of rest while covered.

Braid into a Challah using Challah Prince's videos and instructions.

### SECOND RISE AND BAKE

Place your Challah on a cooking sheet with baking paper, cover it with a clean towel and leave it to rise for about 40 minutes, until the Challah almost doubles in size.

Depending on your oven, the duration of preheating may vary. Have your oven ready by the time the Challah is ready to go in.

Wash the Challah with the egg yolk and top it with sesame seeds

Only using the yolk will give your loaf a shine and darker golden color.

Place the Challah in a preheated oven at 180°C / 360°F without convection. Bake for around 25-30 minutes until the Challah becomes golden and brown all around the surface. The baking temperature and time can be different considering different ovens and the size of the final product.





I DON'T BELIEVE IN  
'THE BEST RECIPE'.  
I BELIEVE IN  
**THE PERSON**  
HOLDING THE DOUGH  
*and that person's energy.*



@challahprince



ChallahPrince

