

Challah

150 ml warm water
 340 g strong white bread flour
 1 sachet easy instant yeast (7 gr)
 50 g sugar
 1 teaspoon salt
 2 tbsp sunflower oil
 1 egg

glaze

1 egg
 1 teaspoon water
 pinch salt
 sesame and/or poppy seeds

Vegans or egg allergy

Leave the egg out but adjust the liquid by the size of the egg about 25 gr.

This recipe does not really work for a gluten free diet.

Mix all the ingredients, in a bread machine or mixer with a dough hook if you have, or hand work and a wooden spoon.

You need to mix until it forms a sticky ball, then knead for five minutes until the dough slaps the side of the bowl without sticking. If it's still sticky, add a tablespoon more flour - or if too dry, add water a teaspoon at a time.

Then knead on a floured board, and put the ball of dough into a greased plastic bag (or just back in its mixing bowl but covered in oil, with clingfilm on top).

Wait for the dough to double in size - I leave it overnight in the fridge, then take it out and let it come back to room temperature, or leave to rise somewhere warm for 2 -3 hours.

Divide the dough into three on a floured board, knead each one for a minute or two, and plait - remember to make each end tapered.

Once you have your plaited loaf, place on a lightly floured baking sheet, and leave to rest for 20 minutes. Brush it generously with the glaze mixture, and bake at 200°C , Gas Mark 6 for 25-30 minutes. When it is cooked it should sound hollow when you pat it on the back.

