

ARTHUR KLEINBERG'S CHALLAH

Ingredients (Imperial measurement)

2lb strong white flour; 1 oz salt; 1 ½ -2oz sugar; 2oz fresh yeast; 1 egg lightly beaten with extra for glazing; 4fl.oz oil; 1pt of warm water (start with a little less)

Method using fresh yeast

1. Put egg, salt and sugar in a bowl, add about two thirds of water and stir
2. Mix remaining water with fresh yeast
3. Put all the flour in a bowl
4. Add yeast mixture without waiting for it to bubble
5. Mix it together slightly and only then add oil (it is quite sticky)
6. Mix it all together and add more flour to firm it up
7. Knead for 10 minutes adding more flour as necessary
8. Put dough into a bowl, cover with clean dry cloth and prove. When doubled in size (about one hour) knead back the dough, shape and leave to prove again.

Shaping: plaiting with 4 strands

1. Divide dough into two (for two loaves)
2. Divide each portion into 4, rolling each into a rope
3. Pinch the ends of the 4 ropes together and spread out into a fan shape
4. Starting on the right, number each rope 1,2,3,4.
5. Lift 1 over 2 and 3 over 4. Place 4 between 1 and 2.
6. Repeat
7. Tuck straggly ends under to finish

Finally

1. Brush loaves with beaten egg
2. Sprinkle with poppy or sesame seeds
3. Bake at 375F, 190 C or Gas mark 5 for 30-40 minutes, depending on size of loaf and efficiency of oven