



BesondersGut Challah

WITH POOLISH



Poolish:

100g water
0.1g fresh yeast
100g white spelt flour

Main dough:

Poolish
70g water, cold
8g fresh yeast
60g canola oil
100-110g eggs (2 eggs of medium size)
30g honey
400g bread flour
10g fine salt

Egg wash:

1 egg
2 tsp. water

POOLISH

The day before making the dough: mix together the water and the fresh yeast (yeast must be very fresh!), then add the flour. Stir well and cover with plastic wrap. Let the mixture sit at room temperature overnight. Poolish must be bubbly and at least doubled in size.

MAIN DOUGH

Mix all ingredients on low speed for 12-15 minutes until the dough becomes soft and smooth. Don't be tempted to add additional flour - dough is meant to be rather sticky and a bit gummy in the beginning. Desired dough temperature after kneading: 23-24 degrees.

Cover the bowl with a plastic wrap and let it rest at 22-24 degrees for 1 hour. Dough must be airy but not double in size!

SHAPING/BRAIDING

Dividing the dough, preshaping and shaping the strands are crucial steps in making a fluffy Challah. Please see my video instructions.

EGGWASH/FINAL PROOF

Apply the egg wash and let the Challah rise uncovered 45 minutes at 22-24 degrees.

EGGWASH/BAKE

Apply another eggwash and bake the Challah in the well-preheated oven (if possible on a baking stone) at 190 degrees for about 40 minutes (core temperature: 95 degrees).

Let the challah cool on a cooling rack until just barely warm. Enjoy!



0.1g fresh yeast has roughly the size of a rice corn. Use a digital pocket scale if possible. Of course... you can knead the dough by hand!