



# BesondersGut Vegan Challah

WITH WATER ROUX AND POOLISH

## For the water roux:

125g water  
25g white all-purpose flour

## For the poolish:

100g water  
50g white all-purpose flour  
50g white spelt flour  
1g fresh yeast

## For the dough

Water roux, cold  
Poolish, cold  
80g refined canola oil  
10-20g water (depends)  
8g fresh yeast  
30g sugar  
375g white all-purpose flour  
0.3-0.5g turmeric  
10g salt

## For brushing/sprinkling

Maple syrup  
Coarse salt or decorating sugar

## WATER ROUX

Day before: Put the water and flour in a small pan. While stirring constantly, slowly bring the mixture to the boil until it thickens somewhat. Allow to cool slightly and place covered in the fridge until use.

## POOLISH

Day before: Put the water in a bowl and stir in the yeast. Add the flour, mix well and cover. Let it sit for two hours at 21–23°C so the yeast starts to ferment. Then let it continue to ferment in the fridge until the next day. The batter should at least double in size.

## DOUGH/FIRST PROOF

The next day: Put all ingredients (except the 10-20g water) in the order shown in a mixer bowl and knead for 8-10 minutes on a low setting. The dough will be a bit sticky, even slightly gummy. But don't worry! Continue to knead gently for another 5 minutes and add 10-20 g of water to the dough if and as required. The dough should ultimately be soft and smooth.

You can also knead the dough by hand to the specified consistency, but this can take a few minutes longer.

Ideal dough temperature after kneading: 23–25°C.

Cover airtight at 21–23°C for 1 hour.

## SHAPING/SECOND PROOF

Place the dough on an unfloured or very lightly floured work surface and divide the dough into the number of pieces required (weigh each piece for more precision). Prepare each strand, braid the dough and place on baking paper. Leave covered to proof for another 30–45 minutes.

Instructions for preparing, shaping and braiding can be found at [www.besondersgut.ch](http://www.besondersgut.ch) / @besondersgut

## BRUSHING/BAKING

Brush the braid with maple syrup just before baking and bake in a very well preheated oven at 190–200°C without steam for 45–50 minutes. After, but while still warm, brush the loaf with more maple syrup and sprinkle with either the coarse salt or decorating sugar.

Tip: If you use this recipe to bake two smaller loaves instead of one, reduce the baking time by approx. 12 minutes.

