

MIT Challah for Hunger: Challah Dough Recipe

Modified from the official Challah for Hunger basic challah recipe.

This recipe makes approximately four 1-lb loaves.

Ingredients:

2 ½ cups warm water
1 tbsp active dry yeast
½ cup oil
¾ cups sugar
½ tbsp salt
6-8 cups all-purpose flour

Directions:

Add to a large bowl:

2 ½ cups warm water

Sprinkle

1 tbsp yeast

over the surface of the water. Wait a couple minutes for the yeast to soften; the yeast will not look dry anymore.

Mix in:

½ cup oil
¾ cups sugar
½ tbsp salt

Mix in:

1 cup flour

Measure:

5 cups flour

Mix in the additional flour a cup or two at a time. The mixture should start to resemble dough.

Mix in:

up to 2 additional cups flour,
a little at a time. Once the dough becomes less soft and sticky and more solid,
remove the dough from the bowl and knead for 10 – 12 minutes. If the dough is
sticking to your hands or the table, add more flour.

How to tell if the dough has been kneaded enough:

- The dough will look smooth and have a consistent texture all the way through. (It's ok if the dough isn't perfectly smooth, it will get smoother after rising.)
- The dough will slightly push back at you as you are kneading it. It won't feel so soft anymore, and will hold its shape.
- The dough shouldn't be too sticky. If it sticks to your hands or the table, knead in more flour. If, when you press the dough with your hand, it sticks to you slightly but none of the dough stays stuck to your hand, the dough is fine.
- The dough should be stretchy.

Return the dough to the bowl, cover it with plastic wrap, and let rise until doubled in volume (make sure the bowl is sufficiently large for this).

Due to the large amount of sugar in this recipe, the dough will rise rather slowly. To help the dough rise faster, preheat the oven to the lowest possible temperature (around 150°F). Once the oven is preheated, turn it off, and place the bowl of dough in the oven. The dough should rise in about 1 hr.