

The Great Challah Bake Notes

The Great Challah Bake Notes are here! Download the pdf's below

[Notes #1](#)

[Challah Blessing](#)

[Adina's Easy Challah Recipe](#)

Adina's Easy Challah Recipe

Ingredients

1.5 cups WARM water

3 tbsp margarine

1 tbsp dry active yeast

7 tbsp sugar

2 eggs

1/2 tsp salt

3 cups flour

Foil or wrap for your challah

Additional Preferred Toppings (see the bottom of the recipe below)

Directions

- 1. Mix all the ingredients (except flour) together with the WARM water into a large bowl. Then stir together nicely.**

TIP: DO NOT USE WATER THAT IS TOO HOT OR IT WILL KILL THE YEAST.

- 2. Next, add the flour and knead everything together using your hands to form the dough.** (If too sticky, add a little flour to make it more “doughy”. If too hard, add a little bit of water to soften. You want a perfectly balanced dough.)

You can divide the dough into two smaller loaves or keep as one extra large challah.

PLEASE NOTE THAT A BLESSING FOR REMOVAL OF THE FIRST PIECE OF CHALLAH BEFORE FORMING IT IS DONE HERE. PLEASE REFER TO THE CLASS NOTES.

3. After deciding if you would like two small loaves or one big loaf, **take the dough that you will use for making one challah loaf and now divide it again into 3 or 4 times.** (You should now have 3 or 4 small balls of dough as we will be rolling and then connecting them into one giant braid which is a distinctive characteristic for challah).

4. **Using a rolling pin or your hands, roll each ball into a long roll.**

5. **Connect the top of the long rolls together by pinching the dough to seal it into place.**

It should look like an "octopus" with 3 or 4 long arms pointing out...lol.

6. **Now braid until the end of the roll and pinch the dough together again to connect and seal the end.**

TIP: Making the dough ahead of time and letting it sit 2 hours at a time in between kneading will allow it to fluff up better. Also letting the formed loaf sit under the tea towel for a while before baking will also allow it to fluff better. So try to let your loaf sit for a while before preheating. Patience is key!

7. Preheat oven to 350 degrees F. Grease the bottom of a pan and set challah on top. Cover with a tea towel to keep moist until ready to bake. When the oven is ready, bake until the challah is nice and brown. The time needed is determined by your oven type and elevation but normally between 30 min to 1 hour. (DO NOT BURN BY OVERBAKING!!!!) When finished, let the challah sit to cool down.

Optional toppings:

Eggs, honey, powdered sugar, poppy seeds or a mix of "everything" seasoning...

For a golden brown top- before putting the loaf into the to oven, crack an egg, mix it and then lightly brush the top of the challah loaf for producing a nice golden color.

For sweet challah, add a bit of honey on top halfway the cooking time. When it is finished and still hot, sprinkle the powdered sugar on top.

For that everthing bagel taste, brush with your egg mix and then sprinkle the toppings all around.

Enjoy!

-Nishmati

Honey Chicken Recipe – Kosher Wednesdays!

Honey Chicken Recipe – Kosher Wednesdays!

This is sooo delicious. Enjoy! – Nishmati

Easy Challah Recipe

For More challah recipes, visit:

https://www.chabad.org/recipes/recipe_cdo/aid/2147312/jewish/Challah-Bread.htm

#NishmatiGiveaway – Cookbooks

We have our first giveaway and here is your chance to win 1 of 2 cookbooks.

HERE ARE THE RULES:

1. Follow our [Instagram](#), [YouTube](#), or/and [Facebook page](#) (extra entry if you follow all 3 pages)

Here's the link of our pages:

Facebook: <https://www.facebook.com/nishmatisoul/>

Instagram: <https://www.instagram.com/nishmatisoul/>

YouTube: https://www.youtube.com/channel/UCKf_oUJExBlbj-ooU8ylkRA

2. Like one of our video/photo that has a hashtag #NishmatiGiveaway

3. Comment on one of our contest photo and answer this question: what is your favourite food to make?

4. Tell us which prize you'd like to win (Starters&Sides or Kids Cooking)

*****There will be only 2 winners (Starters&Sides Cookbook winner and a Kids Cooking Cookbook winner). Winners will be announced during our May Bible Study.**

******GIVEAWAY will end on May 2nd at 11:59PM EST**

Vegetarian Options During

Passover

If you are a vegetarian or vegan during Passover, it may seem that you lack options for recipes during the week. But we have found a list (and a good one too) from an article we like online that gives you alternatives for both nutrition and flavor during Passover.

There are two different (main) traditions in eating style during Passover. The first one, which is considered the main one in the West, is that of European Jewry, the Ashkenazi tradition. This tradition, in summary, bans all food that is Kitniyot or “appears to puff or raise”, even if it does not have yeast/leaven in it. The second tradition is that of Middle Eastern Jewry (Israeli & Yemen) & Ladino Jewry (Spanish & Italian Jews) of the Sephardics who ban yeast/leaven but allow Kitniyot foods during Passover. What is considered Kitniyot you may ask? Foods like beans, rice, hummus, soy, corn, green beans, etc. (You can also find the complete list [here](#).)

For a vegetarian, most Kitniyot foods have the nutritional value that is needed but many people are not aware of this tradition because we live in the West where almost everything during Passover season is geared to the Ashkenazi tradition. If you live a vegan or vegetarian lifestyle while Jewish- you can still enjoy real food and not be under the harsh nutritional value of only eating matzah in every dish. And I teach everyone who enters our shul that we must adopt the Jewish traditions that fit you, your family and HaShem, not just the one that is most popular unless you live in that community because most people within Messianic Judaism do come from a Church background and was not raised in these traditions. Furthermore, while we are commanded to eat matzah, we can and should- but to eat it in everything can also be hard on your stomach, so having options is great for everyone.

So, here is a “Top 10” list of “must-haves” for Vegetarians during Passover. Notice that seitan meatless meat is not on the list as it is too controversial between Rabbis on whether Vital Wheat Gluten is Kosher for Passover or if it is an instant recipe for nonobservance of the Holy Day properly. So if you crave meatless, it may be safe to avoid using Vital Wheat Gluten at least for the week of Passover and get your meatless cravings by eating more creatively. Besides, it is only a week...you can survive with no meatless meat for 7 days. Trust me. Enjoy!

The list is taken from:
<https://forward.com/food/154303/keeping-up-with-tradition-a-vegetarian-passover/>

1) **Quinoa** is not only a great source of complex carbohydrates but also contains 8 grams of protein per cup. Check out my flavor-packed Vegetable Quinoa Pilaf below!

2) **Eggs** offer essential amino acids, vitamins, and minerals. I purchase free-range eggs, which have the added benefit of a nice dose of omega-3 fatty acids.

3) **Avocado** provides excellent heart-healthy fat that will give you lasting energy. One of my go-to breakfasts on Pesach is mashed avocado on matzah with a touch of lemon juice and sea salt.

4) **Nuts** are another source of heart-healthy fat and also give you a bit of fiber too. I am so grateful that there is a [Kosher for Passover almond butter](#) on the market! I'll definitely be packing an almond butter & jelly matzah sandwich with some fresh fruit for work a few days of the holiday.

5) With so many of my usual snack foods like hummus and granola bars cut out of my diet on Passover, I survive on **fresh and dried fruit** throughout the holiday. I carry bananas, oranges, or boxes of raisins wherever I go, so that I always have an easy snack on hand.

6) Since tofu, tempeh, and seitan are out of the picture, I use **Portobello mushrooms** instead since they have a great meaty texture and delicious, savory flavor. I stuff them with sautéed onions, spinach and matzah meal for a main dish (I make a variation of this [recipe](#)) or I grill them with red peppers and zucchini for a side.

7) [Vegan chopped liver](#) with Tam Tams is a yummy start to any seder. The eggs offer a great source of protein, the walnuts contain omega-3, and the mushrooms are one of the only plant-based sources of vitamin D.

8) Salad can get boring so easily, so I jazz mine up with interesting toppings. **Hearts of palm** are super easy to find in the Passover section and I love slicing them up on top of my salads. They have a great texture and taste and give you a nice dose of potassium, zinc, and iron.

9) Another delicious dip I always have in my fridge around Pesach is **Sabra's Caponata**. They make a bunch of excellent dips that are free of *kitniyot*. They're a perfect size to bring to work or a Pesach picnic.

10) When I'm missing grains, I cook up some **Matzo Meal Couscous** (*Savion* is one brand I like) in vegetable broth and toss in some roasted broccoli, garlic, and sautéed mushrooms. It has a toothsome chewiness and a neutral flavor that's ready for any seasoning or add-in you see fit.

This list of items certainly will satisfy anyone in your home, vegetarian or not. So this Passover, try some new foods and recipes out.

Read

more: <https://forward.com/food/154303/keeping-up-with-tradition-a-vegetarian-passover/>