interwell health

INGREDIENTS:

- 1 cup of warm water
- ½ cup of white sugar
- 1 tbsp of honey
- ½ cup of vegetable oil
- 1 ½ tsp of salt
- 2 large eggs, room temperature
- 4 cups of bread flour
- 2 1/4 tsp of bread machine yeast
- 1 egg, beaten
- 1 tbsp of water



Homemade challah

Directions

- 1. Place warm water, sugar, honey, vegetable oil, salt, 2 eggs, flour, and yeast in the pan of the bread machine in the order recommended by the manufacturer. Select "dough" cycle; press start.
- 2. After the machine is done, take the dough out and place on a very lightly floured surface. Punch the dough down and let rest for 5 minutes.
- 3. Divide the dough in half, then divide into 3 equal pieces each. Roll into ropes about 12 to 14 inches, and braid into 2 loaves of 3 ropes each.
- 4. Gently place the loaves on a greased cookie sheet, mist with water, cover loosely with plastic wrap, and let rise for 1 to 1 ½ hours in a warm, draft-free place, until doubled in size.
- 5. Preheat oven to 350 °F (175 °C). In a small bowl, beat together 1 egg and 1 tablespoon water.
- 6. Brush risen loaves with egg mixture. Bake in preheated oven for about 20 to 25 minutes. If the loaves begin to brown too soon, cover with foil and continue baking.