



Name: _____

COOL RISE CHALLAH

Cookery Principle: Yeast Breads

Ingredients:

500 - 600 ml flour

7 ml dry yeast

40 ml sugar

2 ml salt

100 ml hot water

40 ml unsalted
butter, softened

1 egg

Food Groups:

Tablesetting:

Equipment:

Dry measures

Small liquid measure

Measuring spoons

Custard cups

Metal spatula

Large mixing bowl

Wooden spoon

Product Standards:

Lab Duties:

DW _____

DD _____

HK _____

SD _____

Method:

Day 1:

1. Divide flour into thirds. Combine 1/3 flour with all the yeast, sugar and salt in large bowl and stir well with a wooden spoon.
2. Add softened butter and stir again. It's messy.
3. Add hot tap water and stir until well mixed and elastic.
4. Add the egg and 1/3 more flour. Beat well again.
5. Add enough remaining flour to make a soft dough that leaves the sides of the bowl. Wash the bowl.
6. Knead 5 - 10 minutes. Place in large, oiled bowl, turning the dough to coat it with oil.
7. Cover dough with a tea towel and let it rise for 20 mins.
8. Using a bread knife, divide the dough into 3 or more pieces, then roll them into equal lengths.
9. On a parchment lined jelly roll pan, braid your bread and tuck the ends underneath. Cover loosely with plastic, label and refrigerate overnight.

Day 2:

You need: 1/2 egg, 5 ml milk, 5 ml poppy seeds, pastry brush

1. Preheat oven to 365°F.
2. Take loaves out of fridge; let them rise on the counter or over the preheating oven vent.
3. Beat the egg and milk together, then brush over the bread. Sprinkle with seeds.
4. Bake for 35 - 40 minutes until the loaves are dark golden. Tear to eat, do not cut the loaf.