Apple & Honey Challah

The following recipe and photos are taken from "RISING! The Book of Challah: Recipes for Challah and Life from Rebbetzin Rochie's Kitchen" by Rochie Pinson, Feldheim Publishers, 2017. (Available at fine Jewish bookstores and on Amazon.com.)

A universally practiced tradition is that of using round challahs on Rosh Hashanah and in some communities throughout the entire month of Tishrei. The round shape signifies the cycle of life: just as in a circle there is no set starting point or ending point, so too in life every moment can be utilized as a start-over moment.

Dipping an apple into honey is quintessential Rosh Hashanah. So is round, sweet and honey-dipped challah—all in the name of ensuring a sweet year ahead.

Now you can have your apple, honey, and challah all rolled into one. And yes, this tastes as good as it sounds. Maybe better. The coming year is looking very sweet indeed.



Recipe

Yield: 8 x 1 lb challahs
Challah should be taken with a blessing.

4 3/4 cups	**very warm water**
1 1/2 cups	**honey**
7 tsp	**dry yeast**
13-15	**cups all-purpose unbleached white flour**
2 1/2 Tbsp	**sea salt**
2 tsp	**cinnamon**
1 cup	**canola oil**
2 tsp	**vanilla extract**
2	**large eggs**

CHALLAH GLAZE:
1 egg, well beaten with 1 tsp water

CHALLAH TOPPING:

2 Tbsp	**sugar**
1 tsp	**cinnamon**

APPLE FILLING:
Yield: enough filling for 2 challahs, multiply as needed

2 medium	**Granny Smith or other baking apples, peeled and finely diced**
1 1/2 tsp	**cinnamon**
1/4 tsp	**ground cloves**
1 Tbsp	**sugar**

INSTRUCTIONS:

1. In a large bowl, pour the very warm water. Add the yeast and then the honey. Allow a few minutes for the yeast to bloom.
2. Add 6 cups of the flour. Then add the salt and cinnamon and mix until a smooth batter forms.
3. Add the eggs, oil, honey, and vanilla and stir again until smooth.
4. Gradually add the final 7–9 cups of flour, mixing with your hands or stand-mixer until the flour has fully incorporated into the dough. Be sure to add only as much flour as is needed to form a non-sticky workable dough.
5. Knead for about 10 minutes, or until the dough springs back when lightly touched.
6. Pour 3-4 teaspoons oil into the bowl.
   Turn the ball of dough around in the oil until the outer layer of the dough has been thinly coated.
7. Cover the bowl with plastic wrap or a warm, damp dishcloth and place in a warm spot to rise.
8. Allow the dough to rise for 1.5–2 hours until it has doubled in bulk. Punch out some air and allow to rise for an additional hour.
9. While the dough is rising, prepare the filling. In a small bowl, mix the diced apples, cinnamon, ground cloves, and sugar.
10. Preheat the oven to 350℉.
11. Separate the challah with a blessing.
12. Divide the dough and roll into strands. Use a rolling pin to flatten the strands into an oval shape. Fill the center of each strand with a tablespoon of filling. Then, beginning with the long edge, roll up the strand, jellyroll style, and gently roll the strand to seal the seam.
13. Brush each challah with the glaze immediately after braiding.
14. Allow challahs to rise for an additional 30–45 minutes.
15. Glaze challahs again and sprinkle with the cinnamon-sugar mix.
16. Bake at 350℉ for 30 minutes (medium-sized challah; time will vary according to challah size). The challah is ready when its underside is brown and it sounds hollow when tapped.
17. Place on cooling rack to cool.

ABOUT THE COOKBOOK
In her book, *Rising! The Book of Challah*, Rebbetzin Rochie Pinson shares the experiences and insights she has gleaned during decades spent perfecting the art of challah baking and teaching challah workshops around the world. In her wise, warm, and humorous voice, she guides the reader through every step of the rewarding process of making challah.
This cookbook is a magnificent work of art, with over 75 gorgeous, full-color photographs by acclaimed photographer Monica Pinto, charming illustrations throughout by Lucy Engelman, and hand-lettering by Rochie Pinson. This is the book for beginners and experts alike. Nothing intimidating or complicated here, every recipe is meant to be used, cherished, and passed on to the next generation of challah bakers.

