

Ingredients and Values For the Recipe of a Jewish Home

Five Pound Challah Recipe

- Sugar:** Express **sweetness** and **warmth**.
- Dry Yeast:** Build the **self esteem** of your loved ones, children and friends with sincere compliments. Make sure to express **Gratitude** when appropriate.
- Warm Water:** May our homes be filled with the **love** and **learning of Torah** and **Knowledge of Gd**
- Flour:** The largest ingredient in the recipe represents (**Avodas Hashm**) service of Gd. It is the **energy** to make our home a place for the **shechinah** (Gd's presence) to rest. (*using whole wheat flour shows we are not afraid of hard work. **Sifting removes sickness and impurities**.)
- Salt:** This smallest ingredient in the recipe teaches that necessary **criticism** of family members must come **in small doses**. The goal is to **give directions** to get back on the **proper path**.
- Oil:** **Anoint** each of your family members with oil as was the custom in the days of the Kings. As you slowly pour the oil into your hands and pat it into the dough, think about and see the **unique qualities** and expression of **Avodas Hashm** (service of Gd) of all your family members including yourself.

One Heaping Dose of Love

The Hebrew words for health and creation share the same root. When involved in the act of creation (kneading our Challah) it is also a time to pray for health and for those in need of a complete recovery.

May Gd enable our prayers to nourish the body and soul of all who eat it.

Hafrashat Challah: Blessing Said on 5 Pounds of Challah

Remove an olive sized piece of dough, hold the piece of dough in your right hand and recite the blessing. Then wrap the dough in tin foil and burn the dough in the oven as an offering to the cohen. Do not eat this dough. Wrap it in a bag and dispose.

Baruch Atah Adon'ai, Elo'heinu, Melech Haolam, Asher Kidishanu Bimitzvosav Vitzivanu, Lihafreesh Challah Min Halssa.

Blessed are you, Lord our G-d, king of the universe, who has made us holy through His commandments, and has commanded us to separate challah from the dough.

Separate dough, hold up and say - *Zeh Yehay Challah Al Kol Halssa* (This shall be challah on all the dough)

Five Pound Challah Recipe

1 ¼ cup of Sugar 3 Tablespoons of Dry Yeast 6-8 Cups of Warm Water
½ - ¾ cup of Oil 5 Pounds Flour 1 ½ Tablespoons of Salt

Combine the sugar, yeast and water in a bowl and let sit and bubble for a few minutes. Add the oil, flour and salt. Mix or knead until the dough is smooth. Braid. Brush with egg and water. Bake at 350 for 25 to 30 minutes. Remember to Keep Shabbat.

Two Artisan Challah and Babka Recipes

1 & $\frac{3}{4}$ ounce Sugar
 $\frac{3}{4}$ ounce Oil

1 packet Yeast
2 Cups Flour

$\frac{3}{4}$ Cup Water ($\frac{3}{4}$ little bottle)
 $\frac{1}{2}$ tsp Spoon Salt (3 packets)

Artisan fillings: zaatar, chocolate spread, everything but the bagel spice, cinnamon and raisins

1. Combine the sugar, yeast and water, stir together in a bowl and let sit and bubble for a few minutes.
2. Add the oil, flour and salt and stir together.
3. Mix or knead until the dough is smooth.
4. Let dough rest.
5. Add Artisan fillings
6. Braid the dough.
7. At home brush with egg and water wash.
8. Bake at 350 for 25 to 30 minutes.
9. Freeze your challah if making before Thursday
10. Remember to Keep Shabbat.

Experience Shabbat

Tune In

Think

Breathe

Pray

Stop

Let go

Experience

Connect



In Memory of Tzvi Ben Shlomo HaKohen

In memory of Lauren Chaya Bottner

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