

# EXCELLENT VEGAN\* CHALLAH

-OMG! This challah is VEGAN?

-Well I do use honey sometimes.

-But it's so good! So what do you use if you don't use eggs?

-Um, I just make this sweet-ish braided bread and don't use eggs and it turns out great.

-OH!

-Shabbat Shalom!

## Notes before we begin:

1. I have been making challah for a long time and have found the best way is to use a standing mixer with a dough hook. If this is not something you own, you can do it by hand for sure.
2. Whatever the weather is outside *does* make a difference. Don't just dump all the flour in just because it says "4 cups" – add gradually 1 cup at a time until the dough comes together as smooth, elastic and a teeeeeny bit sticky.
3. I buy jars of yeast and keep them in the fridge. I go through these jars pretty quickly (1 month-6 weeks) so I don't bother proofing the yeast. If you are not sure how old your yeast is, you should either buy some new yeast, or [go through the proofing step](#).
4. The other latest trick I have learned is to replace about ¼ to 1/3 c. of the flour with Vital Wheat Gluten.

## Ingredients:

1 T + 1tsp. quick rise yeast  
2 cups very warm water (100 degrees- ish)  
Up to 4 cups bread flour  
Up to 4 cups whole wheat pastry flour  
2 teaspoons salt  
1 c honey (or sugar if you don't do honey)  
2/3 cup safflower oil

## Directions:

1. Mix yeast, water, oil, honey/sugar in the bowl of **your** KitchenAid mixer
2. Add flours and salt gradually and knead until a smooth elastic dough forms.
3. Place the dough in an oiled bowl and let it rise for an hour or until doubled.
4. Cover a large baking sheet with parchment paper. Roll dough into snakes and form challah loaves.
5. Refrigerate overnight and rise.
6. Preheat the oven to 350°. Brush the challahs with cold water and bake for 30-40 minutes until bottom of loaves are golden brown.

MY VEGAN  
FRIEND