

ANTIPASTO CHALLAH



Elevate your challah experience with this antipasto challah, a savory bite that brings the vibrant flavors of Italian antipasto platter right into the dough. Infused with sweet potatoes, red peppers, red onions, and aromatic herbs, each bite offers a delightful burst of Mediterranean goodness.

Antipasto Challah

Yields: 3 large challahs

2 tbsp. active dry yeast or 25g fresh yeast

2 ¼ cups (550ml) lukewarm water

½ cup sugar

1 kg spelt flour (or white flour)

1 level tbsp. fine salt

¼ cup vegetable oil

For the Antipasto:

1 large red bell pepper

1 large sweet potato

2 red onions

2 tbsp. olive oil

1 tbsp. sea salt

For the Topping:

1 large egg, beaten (for brushing)

Instructions

1. In a mixing bowl, combine yeast, water, and sugar. Let the yeast mixture rest for about 10 minutes, until foamy. Add flour and salt.
2. Using a dough hook, knead on a low speed for about 10 minutes. Slowly drizzle in the oil until the dough comes together and is smooth.
3. Transfer the dough to a greased bowl, cover it, and let it rise for 1–1.5 hours, or until doubled in volume.
4. Preheat oven to 180°C (356°F) on fan/convection mode.
Prepare the antipasto: Cut vegetables into long strips, drizzle with olive oil, and sprinkle with sea salt. Bake for 30 minutes until soft. Let cool.
5. Punch the dough down, divide into 9 or 12 equal-sized portions (depending on your preferred braiding style), let them rest for 15 minutes, and then roll each portion into a long strand.
6. Braid the challah, incorporating the roasted vegetables between the strands. Place challahs on a lined baking sheet.
7. Cover and let rise for about 40 minutes until almost doubled in size. Gently brush the challahs with the beaten egg. Bake for 15–20 minutes, until the challahs are golden brown.