



The Ingredients:

Water - 1 cup

Yeast - 2 1/4 teaspoons (or 1 packet)

Sugar - 1/4 Honey & 1/4 Sugar

Oil - 1/4 cup (+ 1/8 more)

Flour - 3 cups (+ more till the dough is not sticky)

Salt - 1 teaspoon

Chooclat spread HASHAHAR (parve)

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The power of
Challah
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The prayers during the preparation of the dough

Water:

Water represents Torah. Just as we cannot live without water we also cannot live without Torah. Water brings life and nourishment to all things, so it represents the attribute of chessed (kindness). As we add the water, we can think of something in our lives that we want G-d to bless us with in abundant kindness. It should flow down into our lives, just as water flows.

Yeast:

Yeast is what enables our dough to rise. Yeast represents growth and expansion. So as we add the yeast, we can think of each one of our family members and friends and pray that they grow and expand in their emotional, physical, and spiritual wellbeing. Yeast also represents rising, rising to our full potentials. We ask that G-d help all of us rise to who we are meant to be in our fullest potential. Yeast in Hebrew is shmarim which comes from the same root shomer, which means protection. As we add the yeast, we should pray for protection for ourselves, our families, Israel, the IDF, and all of the Jewish people.

Oil:

Oil represents anointing. Oil was used to anoint the Jewish kings. When adding your oil pour a little at a time "anointing" each one of your loved ones by name and pray for their specific needs. Oil also knows how to soften/smooth. We ask that G-d help us soften up my speech and actions, to work on the degree of stubbornness and gain the degree of concessions.

Sugar:

Sugar represents anything sweet in our lives, all the revealed good. We ask G-d for open blessings and open good at this time. Sugar also represents emunah (faith). When we have the proper faith then everything becomes sweet. Even the challenges in our lives we realize are all from G-d and all for the best.

Salt:

Salt represents discipline or criticism. It is important to have this, but in smaller measure. When adding the salt we should shake a little off the top. As much as we feel we need to rebuke others, we could always give a little less rebuke than we feel is necessary. Salt also represents purification. We pray that anything that is toxic in our lives, minds, souls, and bodies be removed.

Flour:

Flour represents sustenance, not only our livelihood, but also our relationships with others. We pray that G-d should bless us with a livelihood that we should use for the right reasons, and that He helps us sustain a relationship that might need some assistance, and thank Him for the relationships we do have that sustain us. While Sifting the flour we ask G-d to help us sift between the good and the bad. Please help us make a distinction between the good and the bad.

The power of Challah

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַפְרִישׁ חָלָה

Transliteration:

BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM A-SHER KID-SHA-NU
B'MITZ-VO-TAV V'TZI-VA-NU L'HAF-RISH CHAL-LAH

Translation:

Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His
commandments and commanded us to separate challah.

יְהי רָצוֹן מִלְפָּנֶיךָ יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁהַמִּצְוָה שֶׁל
הַפְּרִשַׁת חָלָה תִּחְשַׁב כְּאִלוּ קִיּוּמָתִיהָ בְּכָל פְּרֻטְיָהּ וְדִקְדּוּקֶיהָ,
וְתִחְשַׁב הַרְמַת הַחָלָה שְׁאֵנִי מְרִימָה, כְּמוֹ הַקָּרְבָן שֶׁהִקְרַב עַל
הַמִּזְבֵּחַ, שֶׁנִּתְקַבֵּל בְּרָצוֹן. וְכְמוֹ שֶׁלִּפְנִים הֵיטָה הַחָלָה נְתוּנָה
לְכַהֵן וְהֵיטָה זֶה לְכַפֵּרֶת עֲוֹנוֹת, כִּי תִהְיֶה לְכַפֵּרָה לְעֲוֹנוֹתֵי, וְאִז
אֵהְיָה כְּאִלוּ נּוֹלָדְתִּי מִחֲדָשׁ, נִקְיָה מִחַטָּא וְעוֹן. וְאוֹכֵל לֶקְיָם
מִצּוֹת שַׁבַּת קֹדֶשׁ וְהַיָּמִים הַטּוֹבִים עִם בְּעָלִי (וְיִלְדֵינוּ), לִהְיוֹת
נִזְוָנִים מִקֹּדֶשׁ הַיָּמִים הָאֵלֶּה. וּמִהַשְׁפָּעֶתָה שֶׁל מִצּוֹת חָלָה,
יִהְיוּ יִלְדֵינוּ נִזְוָנִים תָּמִיד מִיָּדוֹ שֶׁל הַקֹּדֶשׁ בְּרוּךְ הוּא, בָּרַב
רַחֲמָיו וְחֶסֶדְיוֹ, וּבָרַב אֲהָבָה, וְשֶׁתִּתְקַבֵּל מִצּוֹת חָלָה כְּאִלוּ
נִתְּנִי מִעֶשֶׂר. וְכִשֵּׁם שֶׁהִנֵּנִי מְקִיּוּמָת מִצּוֹת חָלָה בְּכָל לֵב, כִּי
יִתְעוֹרְרוּ רַחֲמָיו שֶׁל הַקֹּדֶשׁ בְּרוּךְ הוּא לְשִׁמְרָנִי מִצָּעַר
וּמִמַּכְאוּבִים כָּל הַיָּמִים, אָמֵן

May it be Your will, our G-d, the G-d of our Fathers, that the mitzvah of separating challah be considered as if I observed every one of its details. May my raising of the challah be considered as the sacrifice that was offered on the altar, which was willingly accepted. Just as giving the challah to the kohen in the past served to atone for sins, so may it atone for my sins and I shall be like a person reborn, free of sin and transgression. May I be able to observe the holy Shabbat and Festivals with my husband (and our children), and be nourished from the holiness of these days. May the influence of the mitzvah of challah enable our children to be always nourished by the hands of the Holy One blessed be He, with His abundant mercy, loving-kindness, and great love; and the mitzvah of challah be accepted as though I have given a tithe. And now, as I am fulfilling the mitzvah of challah with all my heart, so may the compassion of the Holy One Blessed be He be aroused to keep me from sorrow and pain always, Amen.

Ingredients:

Water : 1 cup
 Yeast : 2 1/4 teaspoons or 1 packet
 Sugar : 1/4 cup honey & 1/4 cups sugar
 Oil : 1/4 cup (+1/8 cup more)
 Flour : 3 cups (+more till the dough is not sticky)
 Salt : 1 teaspoon
 Chocolate Spread: Hashahar (parve/optional)

Ingredients For 5lb:

Water : 4 cup
 Yeast : 9 teaspoons or 4 packet
 Sugar : 1/2 cup honey & 1 and a 1/2 cups sugar
 Oil : 1cup (+1/8 cup more)
 Flour : 11 cups (+more till the dough is not sticky)
 Salt : 4 teaspoon
 Chocolate Spread: Hashahar (parve/optional)

Challah instructions:

1. Add Yeast, a teaspoons of sugar and warm water in a bowl.
 Mix only three times (if you keep mixing it will disturb the action of the yeast)
 and wait till the yeast is bubbling
2. Add the rest of the sugar, oil, honey and mix to one consistency. Add half a cup of flour mix than add the salt.
3. Add half a cup of flour at a time. Please mix slowly so the dough won't get hard.
 You want the dough to be soft and flexible. It can be a little sticky but not sticking to your hands.
4. Cover the bowl and wait till it rises about 30 to 60 minutes. Suggested to cover with wet cloth.
5. Braid the challah and preheat the oven to - Bake 450
6. Brush the challah with an egg wash mixed with honey (room temperature)
7. Put in the oven and after one minute turn down the temperature to 350
8. If you make one big challah check after 20 minutes it usually takes about 25-30 minutes.
 If you make 2 small check after 15 minutes. It should take about 20 minutes.

If you would like to freeze the challah, wrap it with parchment paper then with foil. When you want to eat the challah, defrost for a couple of hours before Shabbat. Then right before Shabbat enter put it in the oven for 10 minutes on 350 degrees your house will smell as if you made it right then.

Enjoy and if you have any questions, please feel to reach out to me. I would love an opportunity to help you.