

Sourdough Challah

<https://breadbyelise.com/sourdough-challah/>

<https://youtu.be/1FcR1PDzC94?si=L7iJdqrUQG8nqsX9>

Day 1 (Night before)

Levain

- 40g mother (100% water mother)
- 80g water (very warm)
- 80g AP flour

Yudane

- 50g water (boiling)
- TRY +50g water (boiling)
- 50g bread flour

Day 2 (Morning)

Dough

- 400g Bread flour
- 25g Potato flour or dried potato or bread flour
- 75g of olive oil
- 100g of honey (liquid) or maple syrup
- 9g salt
- 3 eggs (150g) (eggs in bowl with warm tap water for 10 min)
- Eggs + oil 240g
- 10g of enhancer

Mix water, levain, sugar, salt, oil

Add flour

Mix

Autolyse (30min)

Knead well (20 min) - It is pretty wet so I use the slap method.

https://youtu.be/cbBO4XyL3iM?si=h390g7nVj1gy_loZ

Prover (4 hours) (oven with hot water)

I use a heating mat under a tray with hot water. The dough sits in a bowl on rack over the tray and a plastic bag (turkey size roasting bags) covers the tray and the bowl. The heat is regulated to 29C

Afternoon

Take challah

Shape into 6 equal size ropes (see Saffitz video)

<https://youtu.be/1FcR1PDzC94?si=DZoqZ772K27m9y8A&t=975>

Weave

Onto oiled tray

Prover (2 hours) (oven with hot water)

Again heating mat with hot water and a rack. Plastic bag over the tray of hot water and the tray with dough.

Late Afternoon

Oven to 375F

Brush with egg wash, sprinkle with seeds

15 min then turn

15 min plus til golden brown