

## **Pumpkin Challah Recipe**

*The following recipe uses **INSTANT** yeast. If you are using active dry or another kind of yeast, you will need to make modifications and it will take longer to rise.*

*This recipe makes 2 family size loaves, or about 6 individual loaves.*

Zoom link: <https://templemanuel.zoom.us/j/93515153234> Meeting ID: 935 1515 3234

### **Ingredients:**

- 6-8 cups flour
- 2 1/2 cups water
- 3/4 cup sugar
- 1/2 cup oil
- 1 tablespoon **INSTANT yeast**
- 1/2 tablespoon (1.5 teaspoons) salt
- 1 cup pumpkin puree
- 1 teaspoon vanilla extract
- 2 teaspoons of pumpkin pie spice (or you can make your own with 1/4 teaspoons ground ginger, 1/8 teaspoons allspice, 1/4 teaspoons nutmeg, 1/3 cup brown sugar)
- 1 teaspoon cinnamon
- 1 egg (for egg wash; if you would like to make this vegan,
  - you can use maple syrup mixed with water or a non-dairy milk))
- Optional: sesame, poppy or pumpkin seeds for a garnish

### **“Tools”:**

- Large bowl
- Small bowl
- Large spoon
- Hand towel
- 2 baking sheets
- Parchment paper to line pans (or cooking spray/oil)

### **Steps:**

1. Mix the sugar, oil, pumpkin puree, vanilla, salt and water in a large bowl until everything is dissolved.
2. Add 3 cups of flour and mix. You will not necessarily be able to get rid of all the clumps of flour yet; that's okay; just keep going.
3. In a separate, small bowl, combine 1 tablespoon INSTANT yeast with one cup of flour. After the yeast has been thoroughly mixed into the cup of flour, add the mixture to the dough.
4. Add spices and continue adding flour, between 2 and 4 more cups. As your mixture becomes more solid, add the flour more and more slowly. Add flour until you reach the point when, if you press the dough *gently* with *clean* fingers, no dough sticks to your hands.
5. Let the dough rest for 10 minutes. Take a break! Then knead, using the heel of your

hand, not your fingers) for 6 minutes. (You may have to add some flour while kneading, but be conservative.)

6. Put the dough back in the bowl, cover with oil and then drape a towel over the bowl, and let it rise for at least one hour (but monitor it to make sure it doesn't overflow the bowl). You can also let the dough rise overnight in the fridge (the rising process slows down in cooler temperatures).
7. Braid and, if desired, egg wash. If you have time, let the loaf rise before you bake it. Bake at 350 until golden brown (30-40 minutes).

\*Recipe taken from Challah For Hunger's basic challah recipe, with pumpkin flavor added in.