

Braided Challah Bread

Ingredients

7g of dried active yeast or 15g fresh yeast (or 1 sachet easy blend dried yeast)

1tsp clear honey

237ml (1/2 pint) lukewarm milk

50g melted butter

454g (16 oz) plain flour

1 tsp salt

2 eggs

Poppy seed or sesame seeds (optional)

Method

Combine the yeast, honey, milk and butter, stir and leave for 15mins to dissolve.

*In a large bowl, mix together the flour and salt. Make a well in the centre, lightly beat one of the eggs in the yeast mixture and add it to the flour. Stir to make a dough. (It will be very sticky and will definitely need extra flour for kneading).

Knead till smooth and elastic (a good 15 mins) then transfer to a clean bowl, cover and leave to prove for 1 1/2 hours.

*I used a Kitchenaid with a dough hook for the mixing and kneading and required no extra flour.

Grease a baking sheet or line with baking parchment. Knock back the dough and divide into 3 equal pieces (I used scales to get them even). Roll to shape each piece into a long strip for plaiting.

Lay 2 of the strips over the third to make a star shape and plait from the centre, tucking the ends under. Do this on the baking sheet, then cover with a tea towel and leave to rise for 30 mins.

Brush with egg and bake in a hot oven at 190 for 35 - 40 mins or until golden and sounds hollow if you tap it.

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