

Braided Bread II (Challah): Sponge Method

Example:

Yield: 2 braided breads

Ingredients	Bakers %	Grams
Sponge		
Bread Flour	100	143
Water (30C)	60	90
Yeast, Instant	11	6
Final Dough		
Bread Flour	100	428
Sugar	15	65
Salt	2	10
Honey	8	35
Water (25C)	6	25
Eggs	29	125
Egg Yolk	10	40
Veg or Canola Oil	12	50
Total Weight		1017

Method of Preparation:

Sponge Method:

Prepare sponge and allow sponge to double in size. Then proceed with straight dough method below.

Straight Dough method with Intensive Mixing Technique

1. Place all ingredients, including sponge, in a mixer bowl fitted with the dough attachment.

- Mix on low speed for 3-4 minutes
- Stop mixer and switch to second speed and mix for 8-15 minutes. Check
- “window” test for full gluten development.

2. Remove dough from mixer and bulk fermentation for 45 minutes. Cover dough well with plastic cover.

3. Divide into 2 units and divide each of these further into the weights according to the number of strands.
4. Round and rest for 15 minutes on table. Cover well with plastic cover.
5. Then roll each piece of dough to ~14"-16" with the ends tapered.
6. Braid according to 4 strands.
7. Place braided breads on a parchment lined baking tray.
8. Proof in proofer.
9. Bake at 175°C until golden brown. Be careful not to bake it too dark.

Approximately 30-40 minutes