

KEFIR HONEY WHEAT CHALLAH

(2 loaves)

works best with fresh milled whole wheat flour

5-6 C. whole wheat flour
(this will depend on your flour)
2 Tbs. yeast
1 tsp. tumeric
2 Tbsp. kefir grains
1¹/₃ C. warm liquid kefir
1/3 C. butter, melted
1/3 C. honey, approx.
4 eggs, room temp.



1 egg, room temp.
2 T. honey
Sesame seeds

1. Mix 2 C. of the flour, yeast, & tumeric in large bowl.
2. Melt butter in 2-C measure. Puree kefir grains in a little kefir and combine with butter, honey, & 1 egg. Fill to 2-C line with more kefir. Add to flour mixture with remaining eggs and beat well.

3. Gradually blend in more flour until you can begin kneading with oiled hands. Turn dough into oiled bowl, turning over to coat with oil. Cover & let rise until doubled in size, about 1 hour.
4. Punch down & divide in half. Cut each half into 3 & roll into 3 ropes. Pinch 3 rope ends together, braid & seal ends. Repeat with other half. Place side by side in oiled, glass 9" x 12" baking dish.

5. For glaze: mix 1 egg & 2 T. honey & brush on top of loaves. Sprinkle with sesame seeds. Let rise once again for about 10-15 minutes while oven heats, then bake in 350° oven for 20-25 minutes or until golden brown on top. Reglaze.

