

## Braided Bread II (*Challah*): Sponge Method

Yield: 2 braided breads

Ingredients	Baker's %	Grams
<b>Sponge</b>		
Bread flour	100	136
Water (30°C)	63	86
Yeast, instant Osmotolerant	4	6
<b>Final Dough</b>		
Bread flour	100	407
Sugar	15	62
Salt	2	8
Honey	8	33
Water (25°C)	6	24
Eggs	29	118
Egg yolks	10	40
Vegetable oil	12	48
<b>Total Weight</b>		<b>968 g</b>

### 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 and mix until 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. Research how to braid a 4-strand.
7. Proof and then bake at 175°C until golden brown. Be careful not to bake it too dark. Approximately 30-40 minutes.