



SHARON'S CHALLAH BREAD

Ingredients:

- 1 tsp. sugar
- ½ cup lukewarm water
- 1 package dry yeast or two tbsp.
- ½ cup oil
- ½ cup lukewarm water
- 4 tbsp. sugar
- 2 tsp. salt
- 2 eggs
- 2 cups whole-wheat flour
- 2 cups white flour
- 1 egg white beaten lightly with 1 tsp. water and ½ tsp sugar
- poppy seeds, sesame seeds, sunflower seeds, porridge oats for sprinkling on loaves before baking

In a large bowl that has been rinsed with hot water, dissolve 1 tsp. of sugar in ½ cup lukewarm water. Sprinkle yeast on top of water and let it stand for 10-15 minutes. The mixture should look frothy. Stir to dissolve and add the oil, ½ cup of lukewarm water, salt, sugar, eggs and half of the flour. Beat well. Stir in remaining flour; the dough should be a bit sticky. Cover with clean towel and let rest for 10 minutes. Turn dough on to floured board and knead for 10 minutes, adding flour as needed so the dough is not sticky.

Round up the dough in a greased bowl (I use a tbsp. of olive oil and turn the dough in the oil), cover with cling wrap and place in a warm place (I use the oven which has been warmed just a bit) until the dough doubles in size, approximately 1 1/2 hours. Punch the dough and allow to rise, covered, for another 45 minutes.

Divide the dough in half. Divide each half into three equal parts, and shape each part into a long roll or strand. We will make two loaves. Take three strands and plait them, pinching the strands at the top and pinching the bottom strands so the plaits do not open. Repeat for second loaf. Place loaves on a baking sheet covered by a silicone baking sheet. Cover the loaves and let them rise in a warm place for 30 minutes. Brush the loaves with the beaten egg white and sprinkle the loaves with some of the seeds and porridge oats. Bake at 180 for 15-20 minutes until golden brown. Cool on rack.



SOUL FOOD SISTERS' MATLOOH BREAD

Ingredients:

- Semolina 3 cups or 500g
- 500 ml Warm Water
- tea spoon of Salt
- 7 g of Yeast
- tea spoon of sugar

Mix the flour, the semolina and the salt together. Mix the yeast with the water. Combine everything and start kneading.

I like to knead by hand so it would take around 10 to 15 minutes.

Shape the dough into a ball and let it rest in a bowl, covered. Let it double in size, which should take around 1 hour and a half.

Punch the dough to let the gas out and take it out of the bowl. Shape it into a ball and let it rest for 30 minutes.

Drop a good amount of semolina on your workbench and put the dough on it. Flatten the dough until you get a 1cm thick circle. Don't hesitate to put more semolina if it starts to stick.

Put your matlough on a clean kitchen towel with some semolina. Cover it with another towel.

Let the dough prove for 30 to 45 minutes depending on the temperature of the room.

Preheat your pan before starting to cook your bread. Put the heat on lower-medium.

Transfer your matlough from the towel to a tray or a chopping board. Let it slip down on the pan.

Let it cook for around 5 min then turn it onto the other side. Push the bread gently and let it cook for another 5 min.

Once it's nicely colored, put the bread on the side and turn slowly to let it cook everywhere.

To be eaten straight away.

Enjoy!