Challah (Braided Bread)
Adapted from the Guggenheim Family, Zurich Switzerland.

Ingredients:
• 1 package of dehydrated yeast (2 $\frac{1}{4}$ tsp.)
• $\frac{1}{2}$ cup of sugar
• 2 cups water at 115 – 120 °F
• enough flour to make a dough (about 5-6 cups)
• 1 tbsp. Salt
• 2 tbsp. Oil
• 1 egg
• Cooking spray
• egg yolk

Method:
• Mix together water and sugar. Make sure the temperature of the solution is between 110 – 115 °F.
• Sprinkle a package of yeast over top and let sit for 10 minutes.
• Mix together egg, oil and salt. Add to yeast mixture
• Mix in the flour. The total amount of flour will be between 5-6 cups. Add 2 cups of flour and mix. Then add another 2 cups and mix well. Gradually add the rest of the flour to make a dough that is able to come off the sides of the bowl.
• Knead together until the dough is shiny and elastic
• Spray cooking spray on bowl. Place dough into bowl and flip until covered with cooking spray.
• Cover with a piece of plastic wrap, which has been sprayed with cooking spray and also a towel. Let rise in a warm place (works best if the temperature of the dough is between 85 – 95 °F) until double in bulk. This will take about 1 hour.
• Carefully punch down and divide the dough into pieces to be braided.
• Braid the bread and cover with the plastic wrap and towel to let rise for about 30 minutes (half the amount of time as the first rising).
• Mix together equal parts of egg yolk and water. Brush egg yolk mixture on top of dough.
• Cook at 350°F for 35-45 minutes or until it sounds hollow when tapped