

What you'll need:

500 grams (2 cups) flour

3 teaspoons salt (10 grams)

250 ml (1 measuring cup) lukewarm water

1 packet yeast (7 grams)

1 dessertspoon sugar

Poppy or sesame seeds

1 egg yolk, beaten with a tablespoon water

Baking paper



Hallahs

The tastiest treat on Friday evenings is probably the fresh baked hallah: two braided breads sprinkled with poppy seeds. First you eat a piece of hallah with a bit of salt...and after that with whatever you like.

Here's the tried-and-true recipe used to bake hallahs in the Hollander's kitchen at the Children's Museum!

Making the dough:

Combine the flour and salt in a large bowl. Mix the yeast, sugar and some water from the measuring cup in a smaller bowl and let it stand. Once the yeast mix has dissolved, add it to the flour with the remaining water and give it all a good mix. Knead the dough for about 15 minutes, until it is smooth and shiny but not sticky. Cover the dough with a damp tea towel and let it stand at room temperature for at least 60 minutes so it can rise. Then quickly knead the dough again and let it rise for another 15 minutes.

Making the hallahs:

To make lots of small hallahs, simply divide the dough into 16 balls and then split each ball into three equal pieces. Roll these three pieces into snakes approximately 10-12 cm (\pm 4 inches) long. Knead the three snakes to each other at one end, braid them, and fasten the other three ends together. Use a pastry brush to coat the top of the hallahs with some of the water & egg yolk mixture and then sprinkle them with poppy or sesame seeds. Place the hallahs on a baking tin covered with baking paper and let them stand for 15 more minutes under a dry tea towel, so they rise even further. Preheat the oven to 225°C (435°F/Gas 7). Place the baking tin in the oven just below the middle and bake the hallahs for about 15 minutes, until they are golden brown.