



BesondersGut Vegan Challah

WITH WATER ROUX AND POOLISH

For the water roux:

125g water
25g white all-purpose flour

For the poolish:

100g water
50g white all-purpose flour
50g white spelt flour
1g fresh yeast

For the dough

Water roux, cold
Poolish, cold
80g refined canola oil
10-20g water (depends)
8g fresh yeast
30g sugar
375g white all-purpose flour
0.3-0.5g turmeric
10g salt

For brushing/sprinkling

Maple syrup
Coarse salt or decorating sugar

WATER ROUX

Day before: Put the water and flour in a small pan. While stirring constantly, slowly bring the mixture to the boil until it thickens somewhat. Allow to cool slightly and place covered in the fridge until use.

POOLISH

Day before: Put the water in a bowl and stir in the yeast. Add the flour, mix well and cover. Let it sit for two hours at 21-23°C so the yeast starts to ferment. Then let it continue to ferment in the fridge until the next day. The batter should at least double in size.

DOUGH/FIRST PROOF

The next day: Put all ingredients (except the 10-20g water) in the order shown in a mixer bowl and knead for 8-10 minutes on a low setting. The dough will be a bit sticky, even slightly gummy. But don't worry! Continue to knead gently for another 5 minutes and add 10-20 g of water to the dough if and as required. The dough should ultimately be soft and smooth.

You can also knead the dough by hand to the specified consistency, but this can take a few minutes longer.

Ideal dough temperature after kneading: 23-25°C.

Cover airtight at 21-23°C for 1 hour.

SHAPING/SECOND PROOF

Place the dough on an unfloured or very lightly floured work surface and divide the dough into the number of pieces required (weigh each piece for more precision). Prepare each strand, braid the dough and place on baking paper. Leave covered to proof for another 30-45 minutes.

Instructions for preparing, shaping and braiding can be found at www.besondersgut.ch / @besondersgut

BRUSHING/BAKING

Brush the braid with maple syrup just before baking and bake in a very well preheated oven at 190-200°C without steam for 45-50 minutes. After, but while still warm, brush the loaf with more maple syrup and sprinkle with either the coarse salt or decorating sugar.

Tip: If you use this recipe to bake two smaller loaves instead of one, reduce the baking time by approx. 12 minutes.

