



## Whole Grain and Emmer Challah with Apples and Honey

**Makes:** 2 Medium Loaves (about 1.5 pounds each)

### **Ingredients:**

- 1 1/2 cups Whole grain Wheat flour
- 1 1/2 cups Emmer flour
- 2 cups all-purpose flour
- 1/8 cup wheat germ
- 3/4 Tbsp. instant yeast
- 1/2 Tbsp. kosher salt
- 1/8 cup vital wheat gluten
- 1 1/4 cups water, lukewarm
- 1/4 cup neutral-flavored oil
- 1/4 cup honey
- 2 eggs
- 2 large baking apples
- Egg wash (1 egg beaten with 1 tablespoon water) for brushing on the loaf
- Sesame seeds for sprinkling on top



### **Procedure:**

Peel, core the apples and cut them into 1/2-inch dice. Mix together the flours, wheat germ, yeast, salt, and vital wheat gluten in a large bowl using a whisk or a wooden spoon. Combine the liquid ingredients and apples. Incorporate them into the dry ingredients using a Danish dough whisk or a wooden spoon.

Cover the bowl (or container) and allow the dough to rest at room temperature until it rises and collapses, about 2 hours. Refrigerate the dough for at least 24 hours and up to 5 days.

When you're ready to bake, remove the dough from the refrigerator, dust it lightly with flour and shape it into a ball. Let the ball rest for about 5 minutes before further shaping. Gently roll and stretch the dough, dusting with flour so that your hands don't stick to it, until you have a cylinder. Thin out one end so it is tapered. Keeping the thick end stationary, wind the thinner end around it and, finally, tuck it underneath to seal. Place the turban on a greased cookie sheet or one with parchment paper, and allow to rest, loosely covered with plastic wrap for 90 minutes.

Preheat the oven to 350°F, with a rack placed in the center of the oven. Just before baking, use a pastry brush to paint the top crust with egg wash, and then sprinkle the crust with sesame seeds.

Place the cookie sheet in the oven and bake for about 35 minutes, until browned and firm. Allow the challah to cool on a wire rack before slicing and serving.

