

# Salt and Serenity

## Challah Monkey Bread

The inspiration for this recipe came from Alexandra Penfold over at [seriouseat.com](http://seriouseat.com). She makes it with bread flour. My version uses a mix of all-purpose white flour and whole wheat for a bit of a softer texture.

A 9 inch silicone Bundt pan works best for this quantity of dough, If you just have a regular 10 inch metal Bundt pan, go ahead and use it, your bread will just be a little shorter in stature.

The dough can be made a day or even 2 days ahead of time. Just store it covered in the fridge until you are ready to proceed. Then pick up the procedure at step #7.

1 package or 1 tablespoon traditional yeast (not instant yeast)  
1 teaspoon sugar  
1 cup warm water (115 –120 degrees F)  
2 cups all-purpose flour  
1 cup whole wheat flour  
1/3 cup sugar  
1 teaspoon kosher salt  
1 egg, lightly beaten  
1/4 cup vegetable oil  
1/4 – 1/2 cup all purpose flour

1 stick unsalted butter, melted  
1 1/4 cups firmly packed light brown sugar  
1/2 tablespoon cinnamon  
1 1/2 cups icing sugar  
2 tablespoons milk  
1/2 teaspoon vanilla extract

1. In a glass-measuring cup add 1 cup warm water. Stir in sugar and sprinkle yeast on top. Cover with plastic wrap and set aside to proof for 5 minutes.
2. In the bowl of a stand mixer whisk together the all-purpose flour, whole-wheat flour, 1/3 cup of sugar and salt.
3. In a small bowl whisk together the vegetable oil and egg.
4. Add yeast mixture to flour then add egg mixture. Stir with a large spoon

- until just incorporated, about a 30 seconds to a minute. Then fit mixer with the dough hook attachment.
5. Beat the dough on low speed for several minutes, adding in a few tablespoons of additional flour until it pulls away from the sides (it will still be stuck to the bottom). Continue mixing for about 8-10 minutes until the dough is silky smooth. The dough will be slightly tacky, but shouldn't outright stick to your hands.
  6. Transfer dough to a well-oiled large bowl. Cover with plastic wrap and set in a warm place to proof until doubled in size, about 2 hours.
  7. Prepare a medium bowl with melted butter. In another medium bowl whisk together brown sugar and cinnamon. Set aside. Coat a 9 or 10 inch Bundt pan with cooking spray and set aside.
  8. Once dough has doubled, remove from bowl to a well-floured surface. Pat the dough out into an 8--by-8- inch square. Use a sharp knife to cut the dough into 8 strips horizontally and 8 strips vertically, giving you 64 little squares of dough. Roll the dough squares in your hands to make little balls.
  9. Use a fork to lightly dip each dough ball in the melted butter then roll in the brown sugar mixture. Layer the prepared balls in the Bundt pan, staggering the layers over the seams (this will allow the cake to bake into interlocking pieces). Cover tightly with plastic wrap and place in a warm place. Let rise until the dough balls come within a 1/2 inch of the top of the pan, about 30 minutes to 1 hour.
  10. Move oven rack to the center position. Preheat oven to 350°F. Unwrap the pan and place into the oven. Bake until the top is firm and a deep golden brown, about 30-35 minutes. Remove from oven and let the monkey bread cool in the pan for about 5 minutes.
  11. While the monkey bread is cooling, prepare the glaze: in a medium bowl whisk together icing sugar, milk, and vanilla (you can add an additional splash of milk to thin the glaze, if desired.) Invert the pan over a serving plate. Let monkey bread cool an additional 10 minutes then pour glaze over the top allowing it to drizzle down the sides. Serve immediately. Store the leftovers covered in an airtight container. It's best warm, but it will keep for up to a day.