

Salt and Serenity

Black and White Seeded Round Challah

Watch the video on [my blog post](#) for a visual on how to shape the ropes and braid the challah.

Recipe created by Katharina Arrigoni, the talented bread baker behind the Instagram account [@besondersgut](#).

Timing for this recipe:

The day before, prepare the polish (starter).

On baking day, prepare dough, let rise for 1 hour, shape dough and let rise for 30-45 minutes before baking.

For the poolish (the starter):

100 grams water, room temperature

100 grams spelt flour

$\frac{1}{8}$ teaspoon instant dry yeast

For the dough:

50 grams ($\frac{1}{4}$ cup) cold water

60 grams ($\frac{1}{4}$ cup plus 1 tablespoon) canola or other neutral oil

1 teaspoon instant dry yeast

2 large eggs, cold

30 (1 tablespoon plus 2 teaspoons) grams honey

405 (3 cups) grams bread flour

10 grams Diamond Crystal kosher salt

10-20 grams cold water (might be needed)

Egg Wash:

1 large egg

1 tablespoon water

Seeds:

280 grams (about 2 cups) sesame seeds

144 grams (about 1 cup) poppy seeds

1. The day before: Put room temperature water in a bowl and stir in the yeast. Add flour, mix, and cover with plastic wrap. Let sit at room temperature for 2 hours, until the yeast starts to ferment. Place bowl in fridge overnight. The poolish should at least double in size by the next day.
2. Baking Day: Remove poolish from fridge and let sit at room temperature for 1 hour before you make the dough.
3. In the bowl of a stand mixer, place 50 grams water. Add the remaining dough ingredients (except for last 10-20 grams water) in the order they are listed in the recipe. Using the dough hook, knead at low speed for 10-12 minutes. Initially, dough will seem very sticky, but don't worry. You want a soft and smooth dough. When you touch the dough it should feel tacky but not sticky. If it feels very dry, add the additional 10-20 grams water, and knead for a few more minutes.
4. Remove dough from mixer bowl and knead by hand for a minute, to shape the dough into a round ball. Place dough into a lightly greased bowl and cover with plastic wrap. Let dough sit at room temperature and rise for 1 hour.

5. While dough is rising, lightly beat 1 egg and then strain egg through a small strainer and add 1 tablespoon water. Pour poppy seeds onto a small sheet pan. Pour sesame seeds onto a second sheet pan.
6. Remove dough from bowl onto an unfloured work surface. Weigh dough (in grams) and using a calculator, divide total weight by 12. Roll dough into a rough cylinder shape and divide dough into 12 roughly equal pieces. Check the weight of each piece and add or subtract dough as necessary so that all 12 pieces are the same weight. Precision is important for the shape we are creating.
7. Using a circular motion with the palm of your hand, gently roll each piece of dough on a non-floured counter to create a ball shape.
8. Once all 12 pieces are rolled into balls, it's time to shape them into a dumpling shape. Take one ball and lightly flatten it into an oval shape with your palm. Pull the upper dough rim up and press it down right in the middle of the dough with your fingers. Turn the dough 180 degrees and pull the upper dough rim up and press it down to the middle of the dough to create a seam. Using both hands, fold the two dough pieces up with as much tension as possible and seal the seams along the entire length to the dough ends. You will have a firm dumpling with a seam down the middle. This shaping method gives the dough a uniform inner structure. Cover dumplings with a clean kitchen towel and let rest for 10 minutes.
9. Once dumplings have rested, roll each one into a 13-inch strand. Roll with both hands, starting from the middle, going out towards the end, tapering the ends slightly. Lay the strands on a parchment lined baking sheet.
10. Brush each strand with beaten egg and coat 4 strands in the poppy seeds and 8 strands in the sesame seeds. Braid bread, as shown in the video, and arrange on parchment lined baking sheet. Let dough sit at room temperature for about 30-45 minutes. If your kitchen is warm, 30 minutes will be fine, a cooler kitchen might need about 45 minutes for the second rise.
11. Preheat oven to 375°F while dough is rising. Bake challah for 35-40 minutes, until an instant read thermometer, inserted into the center of the bread registers 195°F -200°F.