

RECIPE FROM THE JEWISH COMMUNITY

The theme for Holocaust Memorial Day 2017 is **How can life go on?** In a set of six recipe cards, we share dishes that are important to communities targeted during genocide, encouraging everyone to learn about and celebrate the lives and cultures of those who were murdered.



HOW CAN LIFE GO ON?
HOLOCAUST MEMORIAL DAY 2017



Challah - braided bread

The Holocaust

Between 1941 and 1945 the Nazi German government attempted to destroy the Jewish population of Europe. From the time they assumed power in 1933, the Nazis used propaganda, persecution and laws to deny human and civil rights to Jews. They used centuries of antisemitism as their foundation. By the end of the Holocaust, six million Jewish men, women and children had perished in ghettos, mass-shootings and in concentration camps and extermination camps.

The Nazis restricted food available in camps and ghettos and as a result hundreds of thousands of Jews starved to death during the Holocaust. This was part of the deliberate policy decision to exterminate people through work.

Even when faced with the ever-present threat of death by hunger, many Jews succeeded in retaining their faith and culture. Starving prisoners at the Płaszów concentration camp were so determined to fulfil the religious requirements for the Passover festival that they saved their already limited food rations.

This resource was created to remind us that while genocide and persecution are important parts of Jewish history, there is much more to Jewish culture.

The theme for HMD 2017 is **How can life go on?** We invite you to cook and share this recipe as part of your HMD activity, and to celebrate and reflect on Jewish life and culture today.

Challah

Challah is a braided Jewish bread eaten on Shabbat (the Jewish Sabbath), special occasions and festivals.

At Shabbat meals Jews make a blessing over two loaves of bread. This commemorates the manna that fell from heaven to feed the Israelites during their wandering in the desert. A double portion of manna fell before Shabbat, ensuring that the Israelites would not need to gather manna on the day of rest.

Find out more...

The Holocaust: hmd.org.uk/holocaust
Holocaust Memorial Day Trust: hmd.org.uk



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Challah

The following recipe makes enough dough for three loaves of Challah.

Ingredients

- 250ml lukewarm water
- 2 tbsp dried yeast
- 2 tbsp caster sugar
- 4 eggs
- 2 tbsp honey
- 1 tbsp salt
- 2 tbsp oil (vegetable or sunflower)
- 650g strong white bread flour
- Poppy or sesame seeds (optional for decoration)



Method

Put the warm water in a bowl and add the dried yeast and the caster sugar. Leave to stand for 10 minutes.

Separate two of the eggs and put the yolks to one side. Beat the egg whites, lightly, with the remaining two eggs. Add the eggs to the yeast mixture with the honey, salt and oil and whisk well.

Put the flour into a large bowl and gradually pour in the liquid mixture to make a soft, sticky dough. Knead this mixture for 10 minutes, until smooth and elastic. Place the dough in a bowl and drizzle some oil over it. Cover and leave in warm place for around two hours or until doubled in size.

Punch the dough down and split it into three lumps which will make three challahs. Challah is traditionally braided with either 3, 4 or 6 strands. Split one of the lumps into three and roll each of these out into a long, thin strand. Then plait the three of these together.

Place your challahs on baking trays, cover them and leave to rise for one hour. They should double in size. Brush the egg yolks over the challah and sprinkle with poppy or sesame seeds. Bake in a preheated oven at 180°C / Gas Mark 4 for 20 minutes, until the challah is golden brown. If you tap the bottom of the challah, it should sound hollow. Enjoy your challah!

If you want to try something more advanced, a six-strand method and other ways of braiding your challah can be found online!