

Salt and Serenity

Rosh Hashanah Twisted Apple and Honey Challah

This challah was inspired by [cloudykitchen's](#) Mixed Nut and Dulce de Leche Brioche Knot. I applied her brilliant twisting method to my challah dough and added an apple filling. Perfect for Rosh Hashanah.

Makes one large 9-inch round challah

Dough:

4 grams (1 teaspoon) sugar
1 cup warm water (115 –120° F)
8 grams (1 tablespoon) traditional yeast (active dry yeast)
420 grams (3½cups) all-purpose flour
113 grams (1/3 cup) honey
1 large egg, lightly beaten
49 grams (¼ cup) vegetable oil
120 grams (1 cup) whole wheat flour
6 grams (1 teaspoon) kosher salt

Apple Filling:

2 large Honeycrisp or Granny Smith apples, peeled, cored and cut into ¼ inch dice (about 2 cups diced)
28 grams (2 Tablespoons) butter or vegan butter (such as earth Balance)
25 grams (2 Tablespoons) brown sugar
2 grams (1 teaspoon) ground cinnamon

Assembly:

233 grams (2/3 cup) apple butter
25 grams (2 Tablespoons) brown sugar
2 grams (1 teaspoon) cinnamon
150 grams (1 cup) golden raisins (optional)
1 large egg, lightly beaten with 1 Tablespoon water
25 grams (2 Tablespoons) turbinado or coarse sanding sugar

- 1 In a 2-cup liquid measuring cup, dissolve 1 teaspoon sugar in 1 cup warm water. Sprinkle yeast on top and let stand for about 5 minutes, until yeast gets all bubbly.
- 2 Make the dough in a stand mixer: Place all-purpose flour and honey in the stand mixer bowl, fitted with the paddle attachment. Mix briefly to combine. Pour dissolved yeast mixture into machine and mix for about 1 minute. Add egg and oil and mix again for about 30 seconds. Add whole wheat flour and salt and mix on medium-low speed for about 1 minute. Remove paddle attachment and switch to the dough hook. Mix on lowest speed for 10 minutes, until dough is smooth and satiny.
- 3 Turn dough out onto a lightly floured surface. Knead for a minute and then form the dough into a ball and transfer it to a large oiled mixing bowl. Turn dough until all sides are coated. Cover the bowl with plastic wrap and set aside. Let it rise at room temperature for about 2 hours, or until doubled in bulk. A good test to see if the dough has risen enough is to insert your finger to a depth of 1 inch and wait to see if the impression remains. If the impression fills in, wait another 15 to 20 minutes to let rising continue.
- 4 Make apple filling: In a medium sized skillet, melt butter or vegan butter over medium heat., Add diced apples, brown sugar and cinnamon and sauté over medium-low heat for about 5-6 minutes, until apples are tender. Set diced apples aside to cool.
- 5 Turn out the dough onto a lightly floured surface. Roll the dough out into a 16" x 20" rectangle. If the dough starts to shrink back, cover with plastic wrap and let it rest for about 5 minutes, and then continue

rolling. Using an offset spatula, spread the surface of the dough with the apple butter. Mix 2 Tablespoons brown sugar with 1 teaspoon cinnamon and sprinkle over the dough. Scatter cooled diced apples evenly over the dough. Scatter raisins over the dough, if using. Use your palms and press the apples and raisins into the dough.

- 6 Starting from the long side of the dough, roll up the dough into a tight spiral. Place on a parchment lined baking sheet, curving the sausage a little if needed. Cover with plastic wrap and freeze for 30 minutes.
- 7 Line a 9"cake tin, springform pan or 10"cast iron skillet with parchment paper. On a lightly floured surface, straighten out the chilled sausage of dough. Using a sharp knife or pizza wheel, cut the sausage of dough in half lengthwise. Turn the halves carefully so the filling is exposed. Cross the dough halves over each other, repeating the process until you have a long, twisted piece of dough.
- 8 Cross one end of the twist over the other, and tuck the ends under, forming a knot. Gently shape into a round if needed (I found it easiest to practice with a rolled-up tea towel at first). Transfer to your prepared pan. Cover lightly with plastic wrap and leave in a warm place to rise for 60-90 minutes, or until puffy. While the bread is rising, preheat the oven to 350°F.
- 9 Brush the twist with egg wash, and sprinkle with turbinado sugar. Bake for 40 minutes. Tent the challah with foil and continue baking for a further 15-20 minutes, until golden brown and baked throughout, registering 200°F with an instant read digital thermometer inserted into the center of the bread. Remove from the oven and allow to cool slightly. Serve warm or at room temperature.

Do ahead notes: You could make the dough as well as the apple filling 1-2 days before you want to serve this. After kneading the dough, place it in an oiled airtight container and put it right away into the fridge. The apple filling can also be stored in the fridge. The day you want to serve it, proceed, beginning at step #5.