**A picture containing food

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**Grief & Loss Recipe**

**JackBakes Challah Bread**

**Ingredients**

* 1/2 cup sugar, plus a pinch for the egg wash
* 2 tablespoons (three .75-ounce packets) active dry yeast, such as Fleischmann's
* 2 1/3 cups warm water, 100 to 110 degrees F
* 9 cups (2 1/2 pounds) bread flour, plus more for dusting
* 2 tablespoons kosher salt, plus a pinch for the egg wash
* 1/2 cup canola oil OR melted margarine
* 2 large eggs plus 1 yolk
* Nonstick cooking spray, for the bowl
* 1-2 tablespoons of Honey, optional
* 3 tablespoons zaatar, optional

**Grief & Loss Indicators**

* Nostalgia there’s a feeling of wanting to be comforted by times you’ve had in the past. It’s heartbreaking by what’s going on in the world and outside
* Everything you feel right now is grief or some form grief. This uncomfortable feeling is grief.
* You are grieving through this isolation process because you can’t be around ppl
* We lost what it meant to be a social animal. We can’t see friend’s family, people are dying. We are surrounded by grief. Even though we are all going through the same thing together we are experiencing it in diff ways.
* One thing that works is turning to the good memories, the ones that make you forget about the negativity for a minute are the ones that ppl are trying to hold onto and recreate and that is what my grandmas bread recipe is for me.
* I grew up going to her house every Thursday after school. One of the most cherished memories I have. So when I set out to make challah for myself I do the braids how she taught me, slowly remembering that connection that is life.
* The aroma starts to fill the air coming from the kitchen it transports me back to that time. Its calming its familiar – it’s safe!
* They say songs and pictures have memories associated with them- food can do the same thing. So you can be taken back by that smell that’s what this challah recipe should do.

**Directions:**

1. Whisk the sugar, yeast and 1 cup of the warm water in a medium bowl. Set aside to bloom.
2. Add the flour to a very large bowl
3. Make a well in the center of the flour and bury the salt in the well.
4. Add the canola oil, whole eggs, remaining 1 1/3 cups warm water and the bloomed yeast, making sure no sediment is left behind.
5. By hand and large spoon (I use wooden or metal) : Start by continuously stirring the ingredients with the large spoon. When mixture becomes too thick to stir, use your hands to knead. Do this by continuously forming a ball and punching it down with your fists. Remove from bowl and Knead the dough lightly floured surface (countertop) until it’s smooth, elastic, and not sticky. Continue to add flour until you achieve the desired texture and the dough feels pliable.
6. Spray a large bowl with nonstick cooking spray and transfer the dough to the bowl. Cover with a damp towel or plastic wrap and set in a warm area to proof about 1 hour or until doubled in size.
7. On a lightly floured countertop, split the dough into 3 loaves. Divide each loaf into the desired number of braid strands (3, 4 or 6) and roll each strand to elongate.
8. Braid the strands to a long loaf or a round shape and place on a baking sheet lined with parchment paper OR coat the sheet with cooking spray if you do not have parchment paper. The loaves will remain AND bake on this baking sheet (or aluminum tray). You are not removing them from the baking sheet until they are baked.
9. Whisk together the egg yolk with a pinch of salt and a pinch of sugar. Brush this egg wash over the shaped loaves and top with 1 tablespoon zaatar per loaf, if using. 1 tablespoon of Sesame Seeds also make a great topping!
10. Let the loaves remain on the same baking sheet and rise in a warm place until doubled in size, about 30 minutes.
11. Preheat the oven to 350 degrees F.
12. Bake until lightly golden, 30 to 35 minutes. Transfer to a rack to cool.
13. To freeze, cool completely before transferring to a Ziplock bag.