



Laura's Recipe Corner

Great Recipes from Laura McKay!

Grain-Free Challah

Makes: 2 8" loaves or 1 large braid + 9 muffins/rolls

<http://zenbellycatering.com/2014/09/23/grain-free-challah/>:

Modifications in red by Laura McKay, B.S. Health Educator

In the warmed bowl of your stand mixer or large bowl whisk together:

½ cup warm water (warm enough to feel warm on the inside of your wrist, but not burn)

1 tablespoon active dry yeast

1 tablespoon honey



In a medium bowl, whisk together

8 eggs

¼ cup honey

12 tablespoons butter, melted and cooled (can use ghee if dairy sensitive)

Once the eggs, butter and honey are well beaten, remove 1 tablespoon of the mixture and set aside in a small bowl. This will be your egg wash.

In a large bowl combine:

150 grams almond flour (about 1 ½ cup)

200 grams potato starch (about 1 ¼ cup)

1 ½ teaspoon salt

200 grams tapioca flour (about 1 ¾ cup)

2 tablespoons psyllium husk

After about 5 minutes, your yeast mixture should be foamy and active. (If this doesn't happen, you should throw it out and start over. Either the yeast was bad, or the water not warm enough).

To your foamy yeast mixture, add the egg mixture and the flour mixture and beat with the paddle attachment (or beaters if using a hand help mixer) for 2 minutes, scraping down the side a few times.

The dough will NOT appear to be the dough you're used to, but will be more like cake batter. This is OK. Don't panic. It's just the nature of grain-free dough. Cover the bowl with a clean kitchen towel and set in a warm place.

Allow it to rise 60 - 90 minutes, until the dough is a least doubled in size. (the warmth of the room will determine how long this takes) **Once Risen: Pre-heat your oven to 350 degrees.**

If using loaf pans: Grease with butter. Pour half of the dough into each, and bake for around 10 minutes. After 10 minutes, brush with the egg wash you had set aside. Bake for another 10 or until golden brown and it bounces back when you lightly push on the top.

If using a challah mold: Brush the inside of the mold with the egg wash you have set aside and pour in the dough so it reaches to about 1 inch below the top. Pour the rest into parchment lined muffin tins, about ¾ full. Bake the muffins for 10 minutes, and the loaf for about 25. All to cool before removing from pans. Enjoy!



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