



## SHARSHERET PINK CHALLAH BAKE WITH MANDYLICIOUS February 10, 2021

### MANDYLICIOUS' RECOMMENDATIONS

#### **FIND MANDYLICIOUS:**

Website: <https://mandylicious-436716.square.site/>

\*If you are local to Sharon, MA, you can purchase a "Pink Lady" challah from Mandylicious' website in the month of February with 100% of proceeds going to Sharsheret.

Instagram: [@mandyliciouschallah](https://www.instagram.com/mandyliciouschallah)

Facebook: <https://www.facebook.com/mandyliciouschallah/>

Amazon Recommendations: <https://www.amazon.com/shop/mandyliciouschallah>

#### **MANDY'S TIPS:**

**YEAST:** Don't use rapid rise yeast. Bread machine yeast or instant yeast is best. [Saf – Instant Yeast Red](#) is everything flavor and [Saf – Instant Yeast Gold](#) is sweet. Get the red yeast and you can use it for anything.

**FLOUR:** [King Arthur Bread Flour](#) is best.

**Oil:** Canola oil is what Mandy prefers to use, but you can use any oil.

**SUGAR:** The recipe calls for sugar, but you can also use brown sugar, white sugar or honey.

#### **KNEADING:**

- You can add flour if your dough is sticky but if your dough is very hard and dry that isn't good and the dough is too tight and can't rise so add a little bit of water.
- Being in a different environment (such as elevation, heat, air conditioner, or rainy weather) can have an influence on your dough.
- When leave dough to rise put a little bit of flour on the bottom and a little on top. Some people do a little oil on the bowl.
- Put a dry towel over it and let it rise.

**PINK DOUGH:** Beet extract will make the dough more pink, but Mandy stays away from it because she doesn't like the taste. Brands of cranberry juice include - Ocean Spray and Just Juice which have 100% juice. Passion fruit tea concentrate can be used to turn it pink, too. Some other juices, like pomegranate, will make the dough turn brown instead of pink. Check the sugar content before you use a different flavor juice. The

higher concentration of the sugar in the juice, the stronger effect it will have on the taste of the challah.

FOOD COLORING – If you choose to add food coloring, do it after the challah rises.

FREEZING THE DOUGH - Challah dough lasts in freezer for a month and in fridge 5 days. Put away after the first rise. Mandy likes to store challah in these [loaf bags](#).

WEIGHT OF CHALLAH BALLS/STRANDS – In the presentation, each ball weighs approximately 5 ounces, but it's most important that each strand of your challah weighs about the same amount.

COVER THE CHALLAH – After the challah is braided, put on parchment paper and cover with saran wrap or towel and let rise for 20 – 30 minutes.

APPLE FILLING - Moisture is challah's enemy. You need to cook out the moisture of the apples and they have to dry. Mandy used Pink Lady apples because the skin cooks easily, they are a family favorite, and it's Pink Day!

STRAND DETAILS – You want the strands to be about 12 inches long and 3 inches wide when you are stuffing them. The strand for the flower should be 7 inches long and a little wide. The apple slices needs to fit. The red skin of the apple sticks up over the dough. Layer them along the edge and on top of each other, the roll them up.

BAKING - Bake at 350 degrees. Bake 35 minutes for the unstuffed challah and 45 minutes for the stuffed challah. The stuffed challah takes about 10 minutes longer. Look for the challah

EGG WASH – Put the egg wash on the challah from the outside in.

## CANCER GENETICS FAST FACTS



**EVERYONE** who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.



Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



**1 IN 40**

Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.



**SHARSHERET**  
The Jewish Breast & Ovarian Cancer Community

866.474.2774 • [info@sharsheret.org](mailto:info@sharsheret.org)  
[www.sharsheret.org](http://www.sharsheret.org)

Thank you for attending the Sharsheret Pink Day Pink Challah Bake with Mandylicious.

Click [here](#) to view the recording.

If you or someone you love has been impacted by breast or ovarian cancer, or have elevated genetic risk, contact Sharsheret for free support and resources.

For more information, visit [sharsheret.org](http://sharsheret.org) or call 866-474-2774.