



CHOEREG

SHOPPING FOR YOUR CLASS

*Mahleb can be found at Middle Eastern grocers. Online you can buy it at The Spice Merchant (<https://www.thespicemerchant.ca/product-page/mahleb>). If you can't source Mahleb then you can leave it out.

MISE EN PLACE

- Bring your eggs to room temperature before your class
 - Melt butter before class so it can cool to 90-100°F
-

CHOEREG (Armenian Sweet Bread) *(makes 5 loaves)*

Recipe by LARRY HARRIS

860 g (6 3/4 c) all-purpose flour, divided (540 g, 260 g and 60g) (100%)

200 g (1 c) sugar (23%)

10 g (2 1/4 t) instant yeast (1.2%)

10 g (2 T) ground Mahleb* (1.2%)

8 g (2 t) salt (1.2%)

5 large eggs (~240-250 g), at room temperature (28%)

250 g (1 c) milk, warmed to 90° F (29%)

220 g (2 sticks, 1 cup) unsalted butter (26%)

NOTE: Bakers' Percentages are in brackets at the end of each ingredient

Egg Wash

1 egg

1 tbsp water

- Grind the mahleb in a mortar and pestle or in a spice grinder.
- Melt your butter so that it cools a bit before it is added. Then heat up the milk, about 45 seconds in the microwave so that it is around 90 F.
- In the bowl of your stand mixer, with the paddle attachment, combine 540 g (4 1/2 cups) flour, sugar, yeast and the ground mahleb. Give it a short spin so the yeast is coated, then add the salt and give it another mix.
- In a separate bowl whisk the eggs together, then whisk in the melted butter, followed by the warmed milk.
- Add the egg, butter and milk mixture to the flour that is in your stand mixer and mix with the paddle for 2 minutes (speed setting 4 on a KitchenAid).
- Switch to the dough hook and add 260 g (2 cups) flour to the bowl. Knead for 7 minutes until it pulls away from the sides of the bowl, then start to slowly increase the speed to 3-4 on a KitchenAid. You may need to add some or all of the additional 60 g (1/2 cup) of flour.
- Turn the dough out onto a very lightly floured surface and give it a few turns, until you have a nice smooth dough.
- Place the dough in an oiled bowl, flipping it over so the top is coated, then cover with plastic wrap. Let the dough rise in a warm draft free area until doubled in size, about 1.5 to 2 hours.
- Once the dough has risen it can be shaped.
- You should have about 1800 g of dough: divide this into 3 600 g pieces, to make 3 loaves.
- Divide each of these 600 g pieces into 3 200 g balls, that you will then roll into 10-12 inch ropes, about 1 inch in diameter, to make 3 braided loaves.
(For a more advanced braid you can divide the 600 g piece of dough into 8 75 g balls, that you will then roll into 10-12 inch ropes). You can make different loaves too, adjust ball size depending on loaf size and number of braids
- Braid your loaves.
 - 3 Braid, place the three ropes on counter top vertically
 - Join each of the ropes at the top (number them in your head from 1-3 left to right)
 - Take rope 3 and bring over rope 2
 - Then take rope 1 and bring over rope 2
 - Continue alternating rope 3 and 1 over rope 2 until done
 - Simple braid done, tuck ends underneath and pinch
 - 8 Braid, place the 8 ropes on counter top vertically
 - Join each of the ropes at the top (number them in your head from 1-8 left to right, with the number changing each time you move the rope:
 - Rope 8 under 7 then over 1, then repeat the following 4 steps until done

- Rope 8 over 5
- Rope 2 under 3 and over 8
- Rope 1 over 4
- Rope 7 under 6 and over 1
- After shaping, place the loaves on a parchment lined baking sheet and allow them to rise for another 45 – 60 minutes.
- Meanwhile preheat your oven to 350 F.
- After the final rise, mix together the 1 egg and 1 tbsp water thoroughly to make the egg wash.
- Brush each loaf with egg wash.
- Bake for 14-16 minutes until golden.
- Let cool on a wire rack until completely cool.
- Enjoy!

EQUIPMENT

Digital weighing scale

Stand mixer with paddle and dough hook attachments

Sheet pans

Parchment paper

Bowls

Pan for heating milk, melting butter

Pastry brush