

# ב"ה

## Challaht Shalom Bayit

"And you shall give the first portion of your dough to the Cohen, to bring a blessing to rest upon your home" (Yechezkel 47:30)

"And gather us together from the four corners of the earth to our land" (Yeshayahu 11:12)

"May the pleasantness of Hashem our G-d be upon us our handiwork establish for us our handiwork establish it" (Tehillim 90:17)

**"Grace is false, and beauty vain; a woman who fears Hashem, she would be praised. Give her the fruits of her hands; and let her be praised in the gates by her very own deeds."**

**"אשת חיל עטרת בעלה"**

**תיזכו למצוות**

**Rabbanit Iris Odani Elyashiv**

The women were commanded three fundamental Mitzvot. The initial letters of these three mitzvot form the acronym **HaCHayN** (grace) or **CHaNah**: **CHALLAH**- separating a portion of a challah dough. **NIDDA**-family purity laws. **HADLAKAT NEROT**-lighting the Shabbat and Holiday candles.

**CHALLAH-CHlek LAolam Habah (Merit in the world to come).**

**There are seven ingredients in the challah bread, corresponding to the seven days of beraishis.**

**Shift 5 lbs or 2.26 kilograms of flour.** While we are sifting the flour we bless everyone and ourselves.

**Place the ingredients in the bowl in the following order:**

**¾-1 cup of sugar** Bless that Hashem will judge us and klal Israel favorably.

**5 cups of warm water** Bless that Hashem will make us humble, modest that He will fill our hands with His blessings and His Torah (water stands for Torah).

**3 tablespoons of dry yeast** Bless that Hashem will protect us from lashon harah, slandering, arrogance, pride and we may merit many good character traits.

**Spread 6 cups of flour** "If there is no flour there is no Torah; if there is no Torah there is no flour" bless that we will have good Parnasah (income) from the hands of Hashem and we will merit mitzvot and many good deeds.

**3 eggs** Bless that the twelve combinations of the name of God will watch over us and protect us.

**¾-1 cup of oil** Bless that we will have the merit to see **Massiach Tzdkaynu** and the light of the Menorah in the building of the third **Beith HaMikdash** in our days. May we merit to see the truth amidst the falsehood.

**3 tablespoons of salt** Atonement. Bless that Hashem will merit Klal Israel and ourselves with good decrees, **Besorot Tovot Yeshuot veNechamot.**

1. While kneading the ingredients, we continue to **Bless** (we say: may there be **blessing in the dough / LeChvod Shabbat Kodesh/Yom Tov) Pray and Thank Hashem** for all the kindness He bestowed upon us. We add more sifted flour gradually until the dough is stable, pliable and smooth.
2. We smooth the dough with two tablespoons of oil, then we cover the dough with a plastic bag or a clean towel and we let it rise in a warm place for an hour.

### The Separation of the Challah

3. We put at least three coins in the Tzedakah box.
4. We light candles for Tzadikim (it is a custom )and pray to Hashem:”**And cause our light to illuminate that it be not extinguished forever, and let Your countenance shine so that we are saved. Amen.**”” **And raise the pride of Massiach “ BB”A.**
5. We wash our hands (like netilat yadain for “hamotzi” without a blessing).
6. It is a custom to recite twice the following verse of Tehillim before reciting the blessing: **“May the pleasantness of Hashem our G-d be upon us our handiwork establish for us our handiwork establish it”** (Tehillim 90:17).
7. We uncover the raised dough. We put our hands above the raised dough and recite the blessing:  
**Yemenites, Chabad: “Baruch ata Hashem, Elokeinu, Melech ha’olam asher kideshanu bemitzvotav vetzivanu lehafrish challah”.**  
**Ashkenazim: “Baruch ata Hashem, Elokeinu, Melech ha’olam asher kideshanu bemitzvotav vetzivanu lehafrish challa min ha’isah”.**  
**Sefaradim: “Baruch ata Hashem, Elokeinu, Melech ha’olam asher kideshanu bemitzvotav vetzivanu lehafrish challa terumah”.**
8. A **kazayit** (about 28grams) of dough is taken from the dough with aluminum foil (we usually take from four corners of the dough and from the middle). We raise the separated challah with our right hand and announce **“Harie Zu Challa”** (this is challah) and we continue with the reciting of the **“Yehi Razon (May it be Your will)...”**. The time of Hafrashat Challah  
 Is the time of great blessings we should pray for **Geula, Massiach, Peace**, strong health, wealth, marriage, children, happiness, etc.



**“ May it be Your will, Hashem, our G-d and the G-d of the our forefathers, that the Holly Temple be rebuilt, speedily in our days, and grant us our share in Your Torah, and may we serve You there with reverence, as in days of old and in former years. Then the offering of Judah and Jerusalem will be pleasing to Hashem, as in days of old and in former years.”**

**May it be your will, Hashem, that the Mitzvah of separating Challah be considered as if I fulfilled her properly, in full detail. And, may it be considered as a sacrifice which was sacrificed on the Mizbayach (Alter) and was accepted. And, just as previously the Challah was given to the Kohen (Priest) and this was an atonement for one’s sins, so too, may this be an atonement for my sins, and I will be like a newborn; clean from all sins, thus, enabling me to fulfill the Mitzvah of Shabbat Kodesh (The Holy Shabbat) and the Yomim Tovim (Holidays) with my husband (and children) so that we may be nourished from the holiness of these days. And, from the influences of the Mitzvah of Challah, may our children always be sustained from the hands of Hashem, with His Plentiful mercy and kindness, and His abundant love. And, may the Mitzvah of Challah be accepted as if I gave a Tithe. And, just as I fulfill the Mitzvah of Challah wholeheartedly, so too, may the mercy of Hashem be awakened to protect mr from anguish and pain all my days. Amen.**

9. The custom is to burn the separated challah in the oven or if you cannot burn it wrap it in two wraps and throw it.
10. Divide the dough and braid it on a clean, lightly floured surface (To braid: place three “columns” of dough parallel to one another and start to braid without closing the ends. After the braiding is done, close both ends to finish the braid). Now, we leave the braids covered to rise again for ~30-40 minutes.
11. We beat one egg and brush over the ready- to- bake beautiful challah. One can also sprinkle sesame seeds/poppy seeds/caraway seeds on top.
12. We place the challah in a 350F oven and bake between 30-40 minutes until the challah turns golden.

**“May it be Your will, Hashem, our G-d and the G-d of the our forefathers, that the Holly Temple be rebuilt, speedily in our days, and grant us our share in Your Torah.”**

**Amen.**

**"יהי רצון שנזכה לגאולה האמיתית והשלימה בביאת משיח צדקינו במהרה  
בימינו. אמן."**