

CHALLAH CONNECTION

Challah For Hunger at the University of Miami

November 2016

Meet Hope: Executive Vice President of Public Relations

As a freshman, Hope Rover had never baked challah bread before, now she's the vice president of public relations for Challah for Hunger.

"I'm so happy I got involved with Challah for Hunger," said Rovner. "I learned how to make challah, how to market it, how to get other people involved, and what Mazon and the JCS kosher food bank are."

She first became involved with the organization after she learned about it in the Hecht lobby her freshman year. When she mentioned it to a friend at a Hillel Shabbat dinner, he said he had been doing it for a couple weeks and it was fun.

Rover especially enjoys getting together each week to bake challah with the other volunteers, and being directly involved in helping people. Serving on the executive board allows her to interact with the Jewish Community Services of South Florida's K kosher Food Bank, and see the positive impact Challah for Hunger has in the community.



Photo courtesy of Hope Rovner

"At the end of the spring semester last year, we sent our donation to the JCS kosher food bank and at the beginning of this fall semester, we learned that they wrote us a really nice letter saying how appreciative they are of us and inviting us to go tour their facilities."

"My favorite thing about it is how many people I've met who want to come together to volunteer and raise money for Mazon and the JCS kosher food bank. I've gotten to know some really fantastic people and I see new faces every week."

Thursdays are her favorite days of the week because that's when all of the volunteers meet to bake challah. Baking also gives her an opportunity to be creative.

"I thought combining pumpkin spice and Nutella would be an amazing challah flavor, when we tasted it, it was totally disgusting! We couldn't stop laughing."

Volunteer Calander:

Thursday-11/3	Friday-11/4	Thursday-11/17	Friday-11/18
10 and 11 a.m.: mixing 1 and 2 p.m.: braiding	11 a.m. to 2 p.m.: selling	10 and 11 a.m.: mixing 1 and 2 p.m.: braiding	11 a.m. to 2 p.m.: selling




Challah Recipe of the Month

Apple Honey Challah

Bread Ingredients

-  2 cups white whole wheat flour
-  2 tsp Instant Yeast
-  1 tsp kosher salt
-  1 cup water
-  1/3 cup honey
-  1/4 cup olive oil
-  3 large eggs

Filling Ingredients

-  2 medium apples (peeled and cut into half-inch pieces)
-  1 tsp cinnamon
-  2 tsp lemon juice

Directions

1. Stir together the white whole wheat flour, vital wheat gluten, yeast, and salt until combined. Add the water, honey, oil, and eggs.



2. Mix on medium speed. Switch to the dough hook, reduce speed to low and mix 6 minutes, until the dough is smooth, elastic, and slightly sticky.



3. Lightly coat a large, clean bowl with cooking spray. Transfer dough to the bowl, then cover with plastic wrap. Let dough rise for 1 hour.



4. Toss together the apple pieces, cinnamon, and lemon juice. Put risen dough onto a lightly floured surface and press it into a flat oval. Spread 2/3 of apple pieces over 1/2 of the dough, leaving the other half empty.



5. Fold half over the apples and flatten. Repeat the process. Gently tuck the corners under to form the dough into a round. Let sit for 30 minutes.



6. Divide dough into 4 pieces by cutting it in half vertically, then horizontally. Carefully roll and stretch each of the pieces into a 12-inch rope.



7. Lay two ropes side by side. Arrange the other two pieces across the dough to create a plus sign, weaving the pieces so that one side is over the other. Let dough rise uncovered for one hour.



8. Place rack in the center of oven and preheat to 350 degrees F. Bake for 30 to 35 minutes, until the loaf registers 195 degrees F at its center.



9. Let loaf cool on a wire rack, slice, then serve.



UM Students Participate in Challah for Hunger's first "Challoween":

On Nov. 1, 20 students came together in the University of Miami's University Center for a night of fun to celebrate Halloween and help raise money for those in need.

During "Challoween," students paid \$5 to make their own candy-filled challah bread and watch the popular Halloween-themed Disney movie, "Halloweentown."

Creative participants combined different types of candy to make delicious challah bread flavors, including Reece's Peanut Butter Cup and Oreo, Snickers and Nutella, and Kit-Kat and chocolate chip flavored challah bread.

All of the money raised from the event's ticket sales will be donated to the Jewish Community Services of South Florida's Kosher Food Bank and M.A.Z.O.N: A Jewish Response to Hunger.

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About: Challah for Hunger is a student run, non-profit organization that raises money to fight hunger and provide aid to those in need by baking and selling home made challah bread. Members of Challah for Hunger bake fresh challah bread every week and sell the loaves on the University of Miami's campus. Loaves cost \$5 and profits are donated to the Jewish Community Services of South Florida's Kosher Food bank and M.A.Z.O.N: A Jewish Response to Hunger, Challah for Hunger's national philanthropy.

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