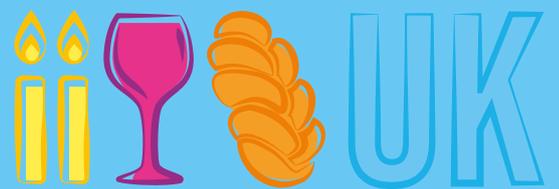


# ShabbatUK 2019

## Challah Make Shopping List



SHABBAT UK 01-02 MARCH 2019

Supported by Wohl Foundation

# Introduction



This guide will provide all the information needed for your ShabbatUK Challah make!

You'll find a list of all the essential ingredients and other supplies that you'll want to buy to ensure everyone at your event is able to make delicious challot.

Under each specific ingredient, we have shown you the amounts you will require according to the expected number of attendees at your Challah Make events.

All of the amounts provided are based on ShabbatUK's tried and tested challah recipe which should make 6 medium sized challot per person.

Top Tip: If you are running out of space when plaiting the challah, cut the recipe down from 2.2kg to 500g. Due to this being a smaller amount it means it is not enough for an individual to make a bracha on. Therefore the group would need to make the bracha together.

# Ingredients



- 1.5 kg strong white flour
- 3 sachets of dried yeast
- 3 eggs
- 9 tablespoons sugar
- 3 tablespoons oil
- 3 teaspoons salt
- 750ml water



- 4L mixing bowl
- Aluminium baking trays
- Table covers role
- Baking parchment roll
- Disposable gloves
- Disposable aprons
- Disposable cups



Note: Prices as of January 2018 - Subject to change.

# Strong White Flour



To make 6 medium challah, each person will need 1.5kg strong white flour

The cheapest is at Asda at 69p for a 1.5kg bag

Here are the amounts you will need for the different sized events.

Number of People	Amount of flour needed (kg)	Number of 1.5kg bags needed	Total cost of strong white flour at the cheapest price (69p)
1	1.5kg		
25	37.5kg	25	£17.25
50	75kg	50	£34.50
75	112.5kg	75	£51.75
100	150kg	100	£69.00
250	375kg	250	£172.50
500	750kg	500	£345.00

# Yeast



1 person needs 3 sachets of yeast. 1 sachet = 7g, so each person needs  $3 \times 7 = 21\text{g}$  of yeast.

It is much cheaper to buy the yeast in the 100g tubs rather than the sachets. The 100g tubs cost £1 at most supermarket chains, 98p at Asda.

Number of People	Amount of yeast needed (g)	Number of 1.5kg bags needed	Total cost of strong white flour at the cheapest price (69p)
1	21g		
25	52g	6	£5.88
50	1050g	11	£10.78
75	1575g	16	£15.68
100	2100g	21	£20.58
250	5250g	53	£51.94
500	10,500g	105	£102.90

**NOTE:** If you would prefer to use the sachets to save you having to measure out from the 100g tubs, the cheapest place to buy the sachets is [here](#).

# Eggs



For one person to make 6 medium challot it requires 3 whole eggs.

The cheapest deal is at Asda - £3.25 for 30.

Make sure you buy extra eggs for egg wash to brush over your challah before baking – you need approximately 1 egg per person for this.

Brown eggs tend to be much cheaper, and are halachically permitted, however one should be more careful when checking for bloodspots.

Number of People	Amount of eggs needed	Number of 30 pack of eggs needed	Total cost of eggs at best value price (£3.25 for 30)
1	3		
25	75	3	£9.75
50	150	5	£16.25
75	225	8	£26.00
100	300	10	£32.50
250	750	25	£81.25
500	1500	50	£162.50

# Granulated Sugar



To make 6 medium challah each, you need 9 tablespoons of sugar per person. 9 tablespoons of sugar = 108g per person.

You can buy 1kg and 5kg bags. It's cheaper per kilo to buy a 5kg bag, but if you want to be really precise you can mix and match according to the amounts you need for your Challah Make.

You can buy 1kg and 5kg bags of sugar. The 1kg bags cost between 65p and 70p, with Asda the cheapest at 65p.

However, the price per kilo drops if you buy a 5kg bag which is cheapest at Tesco - £3.15.

Number of People	Amount of sugar needed (g/kg)	Number of 5kg bags needed	Total cost of granulated sugar at the cheapest 5kg bag price (£3.15)
1	108g		
25	2.7kg	1	£3,15
50	5.4kg	2	£6.30
75	8.1kg	2	£6.30
100	10.8kg	3	£9.45
250	27kg	6	£18.90
500	54kg	11	£34.65

In the above table we have rounded to the nearest 5kg bag, but if you want to be really precise you can mix and match according to the amounts you need for your Challah Make.

For example, if your event will have 50 people, buying 2 x 5kg bags might not be necessary. Instead you could buy 1 x 5kg and 1 x 1kg bag, so instead of spending £6.30 on sugar, you will only need to spend approximately £3.80.

# Salt



Each person needs 3 teaspoons of salt – approximately 5g each.

All salt is permitted, Asda are the cheapest at 27p for 750g.

Number of People	Amount of salt needed (g)	Number of 750g of salt needed	Total cost of salt at the cheapest price (27p)
1	5g		
25	125g	1	27p
50	250g	1	27p
75	375g	1	27p
100	500g	1	27p
250	1250g	2	54p
500	2500g	4	£1.08

# Sunflower Oil



To make 6 medium challot, you need to use 3 tablespoons of oil (sunflower oil is fine).

3 tablespoons of oil = approximately 55ml.

You can use KTC sunflower oil which is available in most supermarket chains. Sainsbury's is the cheapest at £4 for a 5L bottle.

For events with less than 100 people, you might not want to buy a big 5L bottle. Instead, you could buy 1L bottles from most supermarket chains for less than £1.40 a bottle.

Number of People	Amount of oil needed (ml/l)	Number of 5l bottles needed	Total cost of oil at the cheapest 5L price (£4.00)
1	55ml		
25	1.4L	0 (2x1L Bottle)	
50	2.8L	1	£4.00
75	4.2L	1	£4.00
100	5.6L	1 (+1L Bottle)	Approx. £5.50
250	14L	3	£12.00
500	28L	6	£24.00

# Water



Each person needs 750ml water.

The cheapest place to buy bottled water is at Asda  
– 17p for a 2L bottle.

Number of People	Approximate amount of water needed (l)	Number of 2L bottles needed	Total cost of water at the cheapest price (17p per 2L bottle)
1	0.75L		
25	20L	10	£1.70
50	40L	20	£3.40
75	58L	29	£4.96
100	75L	38	£6.46
250	188L	94	£15.98
500	375L	188	£31.96

# Disposable Aprons



Roll of 200 £5.99:

Amazon - [Click Here](#)

Pack of 100 for less than £1.70:

MediSupplies - [Click Here](#)

Pack of 100 for £3.23:

Amazon - [Click Here](#)



# Baking Equipment



## 4L mixing bowl:

You will need one 4L mixing bowl per person, click [here](#) to access the link that seems to be the best place to source them.

- Buy 10 for £0.75 each and save 10%
- Buy 72 for £0.70 each and save 16%
- Buy 154 for £0.65 each and save 22%
- Buy 322 for £0.62 each and save 26%



## Aluminium baking trays:

Coppice Alupack will do large trays 527mm x 326mm (37mm depth) for 45p per tray + packaging.

They also have many other sizes available which you may want to choose which should be cheaper considering the above option for 45p is one of their largest sizes. Just mention your order is for ShabbatUK!

Coppice Alupack - Click [Here](#)

# Baking Equipment Cont.



## Table Cover Rolls:

25m costs £7.95 and 100m costs £15.99

Amazon - Click [Here](#)

## Baking Parchment Roll:

45cm x 50m for £6.88. This is enough for about 100 people based on using the biggest sized trays.

Alliance Online - Click [Here](#)

45cm x 75m for £11.99 enough for 150 people based on using the biggest sized trays.

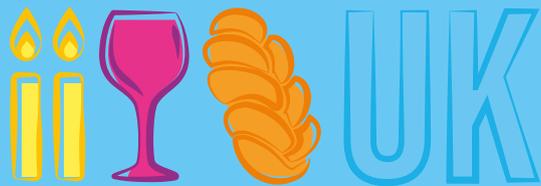
Amazon - Click [Here](#)

## Disposable Gloves:

Amazon - Click [Here](#)

## Disposable Cups:

Asda - Click [Here](#)/Amazon - Click [Here](#)



SHABBAT UK 01-02 MARCH 2019

Supported by Wohl Foundation