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Jewish Holidays in a JIFF

The fast and easy way to Cut the Confusion!



Your Step-by-Step Guide to Celebrating the Jewish High Holidays

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"On Rosh Hashanah it is written, and on Yom Kippur it is sealed, how many shall leave this world, and how many shall be born into it, who shall live and who shall die, who shall live out the limit of his days and who shall not, who shall perish by fire and who by water... who shall be at peace and who shall be tormented.... But penitence, prayer, and good deeds can annul the severity of the decree."

Rosh Hashanah liturgy as quoted in Rabbi Joseph Telushkin's *Jewish Literacy*

The High Holidays are considered by many to be the most significant and important holidays on the Jewish calendar. From the joy that comes with welcoming another new year, to the solemn sense of repentance that comes with reflecting on the year that has passed, these 10 days can be deeply moving and meaningful.

And while this guide is intended to highlight some of the customs, rituals, traditions and rules that many people observe during the High Holidays, it's important to remember that it's still just a "guide." The way you observe these and other Jewish holidays should be a personal choice that reflects your own comfort level, creativity and style. No matter if you choose to follow this guide to the letter, take some shortcuts along the way, or veer off onto your own path, it's important that you interpret this information in a way that has significance for you!

Whether you plan to observe the High Holidays, or just want to learn a little bit more about them, we hope you, and all those you care about, are "inscribed and sealed in the Book of Life for good year."

Introduction to the High Holidays Rosh Hashanah and Yom Kippur

FAQ's

What are the Jewish High Holidays?

The Jewish High Holidays, also referred to as the Days of Awe, or the 10 Days of Repentance, refer to the ten day period which begins on Rosh Hashanah (the Jewish New Year) and ends on Yom Kippur (Day of Atonement). These solemn days are considered a time to reflect on the past year, ask forgiveness from God, and anyone else who one may have wronged, and pray for a good year to come.

A typical greeting at this time of year is "*May you be inscribed and sealed for a good year.*" It is based on the notion, to which many subscribe, that on Rosh Hashanah there is a book in which God writes the names of those who will live and those who will die in the coming year. Because Judaism subscribes to the belief that God is merciful, most believe there is a chance that through repentance, prayer and good deeds, this decree can be changed before the book is sealed for good on Yom Kippur.

Where do people pray on the High Holidays?

Where and how to pray is a personal choice. Many people choose to attend Rosh Hashanah and Yom Kippur services at a synagogue or temple. However, others choose to pray privately, or with their family and friends in a place that's comfortable or meaningful to them, such as in a beautiful natural setting, or at home. Due to the popularity of these services, and limited space, some congregations restrict the number of non-members who can attend, or charge a fee to those who don't belong. However, most congregations will not turn away anyone based on inability to pay. Those who don't belong to a synagogue or temple should inquire about seats for the High Holidays well in advance. Many congregations also offer special children's services and babysitting.

Should I take off of work for the High Holidays?

According to the Bible, work is not permitted on the actual day(s) of Rosh Hashanah and Yom Kippur, however, each person should make his or her own personal choice. Observant Jews take off of work and spend a significant portion of these two holidays praying in the synagogue. However, those who are less traditional often choose to take off all, or part, of their work day to either attend a more condensed service, or use the time to reflect and pray at home, or in a place in which they feel spiritually connected.

How do we get started?

Even if you haven't observed the High Holidays before, you can start a unique tradition that is meaningful for you. Or, if you want to adapt some of the more traditional observances, you don't have to do everything at once. Consider starting with one thing, such as having a special dinner the night before, or lunch the day of, Rosh Hashanah (please see suggestions at the end of this section) or fasting for some or all of the day on Yom Kippur, taking off of work or spending time reflecting. Once you are comfortable you may choose to gradually increase your observance over time.

Rosh Hashanah

What is Rosh Hashanah?

In Hebrew, Rosh Hashanah literally means "head of the year." While it is considered the Jewish New Year, it is referred to in the Bible as Yom Teruah (yome teh-roo-ah), the Day of the Sounding of the Shofar, and Yom Hazikaron (yome ha-zee-kah-rone), the Day of Remembrance. Not only does Rosh Hashanah commemorate the creation of the world, it is considered to be one of the most important holidays in the Jewish religion -- the Day of Judgment, when God remembers and judges each person's deeds.

The *main* components of this holiday include:

1. A festive meal
2. Prayer and repentance
3. Hearing the shofar
4. Symbolically casting away sins

Rosh Hashanah is both a solemn and happy time. It is a time in which people traditionally ask for, and grant, forgiveness, make resolutions, acknowledge that God's greatness and pray for a healthy and happy year to come.

When does Rosh Hashanah take place?

Rosh Hashanah takes place on the first and second day of the Hebrew month of Tishrei (teesh ray). This usually falls sometime in September or October.

Why do some people observe Rosh Hashanah over two days?

One interpretation is that in ancient times all Jewish festivals were determined by the moon. Special people were assigned the job of watching for the new moon, but because they weren't always able to alert those who lived in more remote locations in time, many would miss the festival. Therefore, it was decided that two days would be set aside for the observances allowing everyone to have ample time to participate in the event. However, the addition of a second day of observance does not follow the original commandments as they are recorded in the Bible. For that reason many people choose to observe the first day only.

What is the "Festive Meal"?

The festive meal plays a central role in the Rosh Hashanah celebration. Like all Jewish holidays, the festive meal is held at night fall on the day before the first day of Rosh Hashanah. Typically it is a time to get together with family and friends and celebrate the year that has passed and look forward to the year to come. It is traditional to serve a nice meal (for a Step by Step Guide to the Festive Meal, as well as recipes and other resources, please refer to the end of this section) which includes the following symbolic foods

- Apple slices dipped in honey to signify a "sweet" new year
- A *round* challah (special egg bread that is also eaten on the Sabbath)- While challah is typically shaped in a braided loaf, on Rosh Hashanah a round challah is eaten to symbolize the circle of life and the cycle of a new year. Often, challah served on Rosh Hashanah also includes raisins or other dried fruit and is dipped in honey before it is eaten. This special challah can be homemade (see recipe in the back of this guide) or purchased at some local bread and bagel shops and grocery stores that specialize in kosher foods.

What are the key components of the Rosh Hashanah prayer service(s)?

- **Selichot** (slee-kote) -- Special prayers of atonement which are said the week prior to Rosh Hashanah, which ask for forgiveness and express remorse and repentance.
- **The Main Prayer Service** – This service is characterized by a number of prayers addressing internal spirituality, and external behavior and conduct. Numerous songs and prayers emphasize God as King and ask that God remember to inscribe us in the Book of Life (please see *What are the Jewish High Holidays?* for a full description).
- **The Musaf (moo-saf)** – This additional prayer service proclaims God as sovereign of the Jewish people and the universe, asks God to remember the covenant He made with Abraham, and recalls the sounding of the shofar during the revelation of the Torah at Mount Sinai and more.

What is a Shofar?

The shofar is a curved ram's horn which is blown like a trumpet. It is one of the most ancient wind instruments. In biblical times the shofar was used to mark special occasions, arouse people's attention and warn them of danger. It was also sounded at Mount Sinai when Moses came down to present the Ten Commandments to the Jewish people.

Why is hearing the sound of the shofar such a significant part of the holiday?

The Bible never actually refers to Rosh Hashanah as the Jewish New Year. Instead one of the names this holiday is known by is Yom Teruah (yome teh-roo-ah) or the Day of the Sounding of the Shofar. On Rosh Hashanah, many believe that the sound of the shofar acts as a spiritual wake-up call for Jews to repent. It is commanded in the Torah (the Five Books of Moses) that everyone must hear the blowing of the shofar on Rosh Hashanah and once again at the conclusion of the High Holidays on Yom Kippur. The custom is to blow the shofar in the same place in which the Torah is being read.

How is the Shofar sounded?

There are four different types of sounds that the shofar makes. On Rosh Hashanah the shofar is blown in the synagogue or temple. Several blessings are recited before the blowing of the shofar, then approximately 100 blasts are sounded throughout the rest of the worship services. The blasts of the shofar are divided into four kinds of blasts. Each sound has a Hebrew name:

1. **Tekiah (teh-key-yah)** One sustained blast
2. **Shevarim (she-var-eem)** Three quick, broken blasts
3. **Teruah (tru-ah)** – A rapid series of about nine or more short blasts
4. **Tekiah Gedolah (tey-key-yah geh-dole-ah)**- The final unbroken blast which lasts as long as the shofar blower can blow

What is Tashlich?

The word Tashlich (tash-leek) is Hebrew for "you will cast away." Tashlich involves going to a flowing body of water on the first day of Rosh Hashanah to symbolically "throw away" one's sins. This practice is based on a verse from the book of the Prophet Michah, which says,

"And Thou wilt cast ("ve-tashlich") all their sins into the depths of the sea" (Michah, 7:19)

How is Tashlich done?

Traditionally, Tashlich is done at any running body of water such as a river, sea, lake or creek. However, some people have their own special place in which they go to symbolically "cast away their sins." Some people also bring bread crumbs and throw them into the water as a way to symbolically cast away their sins. And while this act cannot absolve a person's sins, it represents an opportunity for deep introspection and commitment to change. There is no actual prayer for Tashlich. However many people have the custom of saying their own prayers, reciting poetry or reading verses and psalms from a prayer book.

Rosh Hashanah Festive Meal

Step-by-Step

Items for your Rosh Hashanah Festive Meal:

The following is a list of suggested items you may choose to incorporate into your festive meal.

- Candle holders
- Candles, preferably white
- Matches
- Wine/grape juice ó however, any ðfruit of the vineö will do
- Cups for wine or grape juice for each guest
- One or two loaves of challah (preferably round which can be purchased in local grocery stores that also sell kosher food)
- Challah cover ó a fabric or paper napkin can be substituted
- Plate for challah
- Knife for cutting challah
- Dish of honey in which to dip apples (some people give guests their own dish of honey at their plate)
- Apple slices (enough for each guest to have at least one)

You also may want to opt for:

- Tablecloth/placemats/fresh flowers ó if possible, try to make your table look more festive than other times of the week.
- Hand washing pitcher ó decorative pitchers for Shabbat can be purchased online or in local Jewish gift shops. However, any pitcher, glass or cup will do.

The following is the way in which many people traditionally observe the Rosh Hashanah Festive Meal, but you can pick and choose, adapt or recreate as few or as many blessings, rituals and customs from this list as you are comfortable. Transliteration for each blessing is provided below, but saying the prayers in English is perfectly acceptable, as is saying your own special prayers:

1. **Light the Candles** -- Wave your hands three times as if gathering the light toward you, then cover your eyes and recite the following:

*Baruch atah Ado-nai, Ehlo-haynu melech Ha-olam, asher kideshanu
b'mitzvotav v'tzevanu l'hadlik ner shel Yom Tov.*

Blessed are you Lord, our God ruler of the world, who sanctified us through His commandments and commanded us to kindle the lights of the holy day.

2. **Shehechyanu Blessing** -- An additional blessing, called Shehechyanu (sheh-heh- key-ah-new), is recited while lighting candles on Rosh Hashanah. This blessing acknowledges the good fortune of being able to experience the holiday.

Baruch atah Ado-nai, Ehlo-haynu melech Ha-olam, she'he'che'yanu v'kee'manu, v'hee'gee'anu la'zman ha'zeh.

Blessed are you Lord, our God, ruler of the world, Who has kept us alive, sustained us, and enabled us to reach this season.

3. **Recite the Kiddush (blessing over the wine) for Rosh Hashanah**

Barukh atah Adonai, Elohaynu, melekh ha-olam, borei p'riy ha-gafen.

Barukh atah Adonai, Elohaynu, melekh ha-olam, asher bachar banu mee-kol am, v'rom'manu mee-kol lashon v'kee'd'shanu b'meetzvotav ,va-teeten lanu, Adonai Elohaynu, b'ahavah et yom ha-zikkaron ha-zeh, yom zikhron t'ruah b'b'ahava meekra kodesh, zeicher leetzeeyat meetz'rayeem, kiy vanu vacharta v'otanu qidashta mikol ha'amiyim, u'd'var'kha emet v'qayam la'ad. Barukh atah Adonai, melekh al kol ha-aretz m'qadeish Yisra'el v'yom ha-zikkaron.

Blessed are You, Lord, our God, king of the universe who creates the fruit of the vine.

Blessed are you, Lord, our God, king of the universe who has chosen us from among all people, and exalted us above every tongue and sanctified us with His commandments, and you gave us, Lord our God, with love this day of remembrance, a day of shofar blowing a holy convocation, a memorial of the exodus from Egypt. Indeed, You have chosen us and made us holy from all peoples and Your word is true and established forever. Blessed are You, Lord, our God, King over all the world, Who sanctifies Israel and the Day of Remembrance.

4. **Wash Hands** – Fill a pitcher or large cup and pour water on each hand front and back up to three times each, starting with the right hand and say:

Baruch ata Adonai, Elohenu melech haolam Asher ki'd'shanu b'mitz-votav v'tzi-vanu, Al n'tilat yadayim.

Praised are You, Lord our God, King of the universe Who has sanctified us by commanding us to wash our hands.

5. **Recite the blessing over the challah** - It is traditional to have two covered, round challahs on the table. Before the blessing, uncover the challahs and say:

Baruch atah Adonai, Elohaynu, melech ha-olam ha-motzi lechem min ha-aretz.

Blessed are you, Lord, our God, king of the universe who brings forth bread from the earth.

After the blessing, the challah is cut or torn into pieces and each piece is dipped in honey. This symbolizes hope for a sweet year.

6. **Recite the blessing over Fruit** – Hold up an apple slice dipped in honey and say:

Baruch atah Ado-nai, Ehlo-haynu melech Ha-olam, Borai p'ree ha'aitz.

Blessed are you Lord, our God, Ruler of the world, Creator of the fruit of the tree.

7. **Recite the prayer for Renewal** -- After taking a bite of the apple, the following prayer is recited.

Y'hee ratzon mee-l'fanekha, Adonai Elohaynu v'elohey avoteynu sh'tichadeish aleinu shanah

May it be Your will, God and the God of our forefathers, that You renew for us a good and sweet year.

1. **Enjoy your meal!**
2. **Recite the Grace after the meal, also known as *Birkat Hamazon*** – the full blessing is available online by entering the key words *Birkat Hamazon Blessing* into a search engine. However, the following is a loose translation that you can read aloud or use it for the basis for your own blessing:

Thank you God for giving food to the world and for bringing us out from the land of Egypt. Thank you for making Your covenant with us, and for giving us the Land of Israel as an inheritance. We pray for the rebuilding of Jerusalem and the eventual coming of the Messiah and thank you for the glory and goodness of Your actions.

Yom Kippur

What is Yom Kippur?

In Hebrew, Yom Kippur means "Day of Atonement". Considered the "Sabbath of Sabbaths" it is the one of the holiest and most important days of the Jewish year. On Yom Kippur, it is said that God seals our fate for the coming year. Essentially, Yom Kippur is thought to be the last chance to repent and change God's judgment. The central themes of the observance of this holiday are *atonement* and *repentance*.

The main components of this holiday which people *typically* observe are:

- Fasting and refraining from other forbidden activities
- Praying/Asking for forgiveness
- Silent confession
- Hearing the shofar

When does Yom Kippur take place?

It is believed that the first observance of Yom Kippur occurred as a direct result of the sin of the Golden Calf. Moses had just returned from receiving a set of tablets from God on Mt. Sinai. However, upon his arrival, he witnessed the Israelites worshipping an idol. This upset him, and in his anger, he broke the tablets. Afterwards, he went back up to Mt. Sinai for 40 days, at the end of which time, God forgave the Israelites and presented Moses with another set of tablets containing the Ten Commandments. This occurred on the 10th day of Tishrei (teesh-ray), the Day of Atonement. Since that time, Yom Kippur has taken place on the 10th day of the Hebrew month, Tishrei, 10 days after Rosh Hashanah. This usually falls sometime in September or October.

Why do we fast on Yom Kippur?

Yom Kippur is the only fast day decreed in the Bible. Lasting for 25-hours, it begins before sunset on the evening before Yom Kippur, and ends after nightfall on the day of Yom Kippur. Many believe that by abstaining from eating, they are freer to concentrate on repentance. That said, some people choose not to fast, others fast for part of the day, and still others interpret this tradition in their own way altogether. Children, pregnant women and anyone whose health or life may be at risk are exempt from fasting.

Are there other restrictions?

Fasting is only one of five other physical activities which are forbidden on Yom Kippur, which include:

1. eating and drinking
2. sexual relations
3. washing or bathing
4. wearing leather shoes
5. applying lotions, oils, perfumes, deodorants

What are the best ways to prepare for the Yom Kippur fast?

- Several days prior to fasting cut down on the intake of caffeine
- The day before the fast, eat a small meal every two hours
- Avoid eating salt a day or two before the fast
- Drink as much water as possible
- Do not eat a large meal prior to the fast.

What is involved in seeking forgiveness?

On Yom Kippur, as during all the Days of Awe (please see *What are the Jewish High Holidays* at the beginning of this guide for a more detailed description) it is believed that one can only ask God for forgiveness for sins that have been committed against God, not for sins committed against another person. To atone for these sins, reconciliation must be sought with that person, righting the wrongs that were committed against him or her if at all possible. Thus, many people have the custom of calling or visiting friends, family, business associates or any person whom they may have somehow wronged or spoken ill of in the past year to ask them for forgiveness.

What are some of the key components of the prayer service on Yom Kippur day?

Yom Kippur services are characterized by their emphasis on the two major themes of forgiveness and repentance, of which all of the major prayers of the Yom Kippur liturgy focus.

- **Forgiveness** -- It is a common belief that only God can forgive us for the sins that we have sinned against God. For sins that have affected or hurt others, we must first apologize and seek forgiveness from those whom we have harmed.
- **Repentance** ó This involves recognizing our sins, feeling regret for having committed them, resolving not to repeat them and then making restitution for any harm we may have caused.

What is “Erev Yom Kippur”?

Literally translated Erev (air-ev)Yom Kippur means, öYom Kippur eve.ö This holiday, like all other Jewish holidays, begins at sunset the evening before and ends at sundown (or for some, when the final Yom Kippur service has ended) the following evening. It is customary to have a festive meal before sunset on Erev Yom Kippur, similar to a traditional Shabbat (Sabbath) meal, which involves serving a nice meal, and perhaps setting the table with nicer dishes than usual or adding table decorations.

What is the order of a traditional Yom Kippur Service?

While services for each denomination and/or congregation are often different, the most observant attend five prayer services on Yom Kippur which take place over a 25 hour period. Others who are not as traditional often choose certain services, or parts of services in which to attend. Of course, it is a personal decision that each person must make for him or herself.

The order of the services are as follows:

The Evening Prayer Service-

Kol Nidre (coal nee-drey)– Named for the prayer that begins this service, kol nidre means öall vowsö and takes place on the evening prior to the first ödayö of Yom Kippur. This prayer asks God to annul all personal vows we may make to God in the next year, such as "If my team wins this game I will go to synagogue every week for a year..." The Torah scrolls are brought out and the kol nidre is chanted by a Cantor, or someone with a good singing voice. The melody begins quietly but then the volume gradually gets louder as it is repeated three times. The words, translated in English, are as follows:

All personal vows we are likely to make, all personal oaths and pledges we are likely to take between this Yom Kippur and the next Yom Kippur, we publicly renounce. Let them all be relinquished and abandoned, null and void, neither firm nor established. Let our personal vows, pledges and oaths be considered neither vows nor pledges nor oaths.

The leader and the congregation then say together three times:

May all the people of Israel be forgiven, including all the strangers who live in their midst, for all the people are in fault

Other parts of this service are similar in nature to typical evening prayer services that take place during the rest of the year. However it includes an additional selection of prayers of remorse and a special prayer called the Vidui (vi-doo-ee) or the Confessional is included. This prayer is said aloud with the entire congregation to ask forgiveness for all Jews who sin. Because community and unity are an important part of Jewish life, the confessions are said in the plural (We are guilty).

The Prayer Service on the day of Yom Kippur:

Shaharit (shock- ah-reet): This early morning service includes many prayers of confession and includes themes centering on forgiveness and repentance. The Torah portion that is read during this service details the ancient Yom Kippur ritual in which a scapegoat would symbolically carry the people's sins into the desert (Leviticus 16). The service also includes a special prayer called, "Yizkor (yiz-core) or remembrance," in which close relatives who have passed away, those who have died for our country and for Israel, are remembered. A special prayer of thanks is said for still being alive and for our relatives who are still alive.

Musaf (moo-saf): (Hebrew for "additional") This service includes many ancient and medieval poems which have been added over the centuries regarding the persecution of the Jews during Roman times, during the time of the Crusades, and in some congregations, during the Holocaust. These prayers are intended to focus on the spiritual devotion of our ancestors. This is followed by a worship service, which describes the rituals that occurred on Yom Kippur in the ancient Temple in Jerusalem.

Mincha (min-kah): This is the afternoon service in which the Story of Jonah is read. The story deals with God's willingness to forgive those who repent.

Neilah (nee-lah) Neilah is said as the sun is going down and literally means closing (or locking) and refers to the "sealing or locking" of The Book of Life as Yom Kippur is ending. The service contains the final pleas that our prayers be accepted by God before Yom Kippur ends and our fate is sealed for good. Following Neilah, the shofar is sounded with one long blast and the services conclude.

What is involved in "breaking the fast"?

When the fast is over, many people invite family and friends to "break the fast" with them, or go to the home of a family member or friend to eat a light meal together. However, going to a restaurant, ordering in, or eating something at home is also fine. There are no rules and customs vary from family to family.

Rosh Hashanah Orange Hazelnut Honey Cake

- 1 teaspoon instant coffee
- 1/3 cup hot water
- 1-1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- Small pinch of ground cloves
- 2 eggs
- 1/2 cup sugar
- 1/2 cup honey
- 1/3 cup vegetable oil
- 1-1/2 teaspoons grated orange zest, orange part only
- 1/2 cup hazelnuts, coarsely chopped

Preheat oven to 325 degrees. Lightly grease an 8 x 4-inch loaf pan, line it with parchment or waxed paper, and grease paper.

In a cup, dissolve instant coffee in hot water. Let cool. Sift flour with baking powder, baking soda, cinnamon, and cloves.

Beat eggs lightly in large bowl of mixer. Add sugar and honey and beat until mixture is very smooth and lightened in color. Gradually add oil and beat until blended. Add orange zest.

Stir in flour mixture alternately with coffee, each in two batches. Stir in hazelnuts.

Pour batter into prepared pan. Bake for 55 minutes, or until a cake tester inserted in cake comes out clean. Cool in pan for about 15 minutes. Turn out onto rack and peel off paper.

When cake is completely cool, wrap it tightly in foil and keep it at room

Sweet Round Raisin Challah

- 1 1/2 cups dark or yellow raisins, plumped
- 1 3/4 cups warm water
- 2 tablespoons dry yeast
- pinch sugar
- 1/3 cup sugar
- 1/3 cup light honey
- 3 1/2 teaspoons salt
- 1/2 cup oil
- 3 eggs
- 2 egg yolks
- 6-7 cups approximately, bread flour

Egg wash:

2 tablespoons water

2 teaspoons sugar

1 egg

1 yolk

In a large mixing bowl stir together the yeast, water, and pinch of sugar. Let stand five minutes to allow yeast to swell and dissolve.

Briskly stir in remaining sugar, honey, and salt. Then add oil, eggs, yolks and about five cups of the flour. Stir. Let stand 10-20 minutes to absorb flour.

Knead, by hand or with a dough hook, adding remaining flour as required to make a soft and elastic dough (about 10-12 minutes).

Dough should leave sides of the bowl. If it is sticky, add small amounts of flour until dough is soft but no longer sticks. (Note: if you find dough too bulky for your mixer, divide in two. Knead one portion at a time).

Let dough rest on a lightly floured board ten minutes, then flatten and press in raisins as evenly as possible into the dough, folding dough over raisins to "tuck" them in.

Place dough in a greased bowl and either cover with greased plastic wrap and a damp tea towel or cover with a damp tea towel and place entire bowl inside a large plastic bag. Let rise in a draft free place until doubled and puffy looking, anywhere from 45 to 90 minutes.

Divide dough in two. Shape each section into a long rope (about 12-14 inches long) which is thicker at one end and coil it up, starting with the thicker end first, tucking the end in on top to "lock".

Place on cornmeal or flour dusted baking sheet.

In a small bowl, whisk together egg glaze ingredients. Brush loaf with egg wash and sprinkle with sesame seeds. Let rise until puffy, around 20-30 minutes.

Preheat oven to 400 degrees. Bake bread 12 minutes then reduce heat to 350 Degrees and bake another 25 minutes or until bread is evenly browned.

Makes one large or two medium loaves. Can be frozen baked or unbaked. If freezing unbaked, let bread rise slowly, overnight in the fridge. Bring to room temperature before baking.