

# WEEK OF ARKHAM HORROR

# SHOGGOTH FLESH

SQUID-INK CHALLAH BREAD

## INSTRUCTIONS

### STAGE 1

- A. COMBINE SQUID INK AND WATER INTO A SMALL VESSEL AND STIR UNTIL WELL COMBINED
- B. IN A LARGE VESSEL COMBINE FLOUR AND SALT AND MIX TO DISTRIBUTE THE SALT.
- C. ADD THE REMAINDER OF THE STAGE 1 INGREDIENTS (INCLUDING THE WATER + INK MIXTURE) TO THE LARGE VESSEL. MIX AND KNEAD THE DOUGH UNTIL IT IS SOFT AND SMOOTH (YOU MAY USE YOUR HANDS, A STAND MIXER WITH A DOUGH HOOK, OR A BREAD MACHINE). IF THE DOUGH IS VERY STICKY, ADD THE SET ASIDE FLOUR.

### STAGE 2

- A. COAT ANOTHER BOWL WITH 8 GRAMS (2 TSP) OF NEUTRAL OIL, WIPING ANY LARGE PUDDLES UP. PLACE DOUGH INTO OILED VESSEL AND COVER.
- B. ALLOW DOUGH TO REST FOR 2 HOURS.
- C. ONCE DOUGH IS PUFFY, BUT NOT NECESSARILY DOUBLED IN SIZE, GENTLY DEFLATE THE DOUGH BY PRESSING IT DOWN WITH YOUR KNUCKLES. TRANSFER THE DELATED DOUGH TO A LIGHTLY GREASED WORK SURFACE.
- D. DIVIDE THE DOUGH INTO A NUMBER OF PIECES EQUAL TO HOW YOU WISH TO BRAID IT (3 STRANDS IS THE EASIEST).
- E. ROLL THE DOUGH INTO ROPES APPROXIMATELY 20 INCHES LONG (51 CM). IF THE DOUGH DOES NOT RETAIN ITS SHAPE, LET IT REST FOR 8-15 MINUTES.
- F. BRAID THE LOAF BY FOLLOWING THE STEPS BELOW:
  - I. LAY THE THREE STRIPS DOWN ADJACENT TO ONE ANOTHER ON A LIGHTLY GREASED SURFACE. THE TOP STRAND IS STRAND 1, THE MIDDLE IS STRAND 2, THE BOTTOM IS STRAND 3.
    - II. PINCH ONE END OF ALL THREE STRANDS TOGETHER.
    - III. CROSS STRAND 1 OVER STRAND 2, THEN CROSS STRAND 3 OVER STRAND 2.
    - IV. RELABEL THE STRANDS AS IN STEP I AND REPEAT THE PROCESS.
    - V. REPEAT STEP IV UNTIL YOU'VE REACHED THE OTHER END AND THEN PINCH THE EDGES TOGETHER.
- G. GENTLY PICK UP THE BRAIDED LOAF AND PLACE IT ON A LIGHTLY GREASED OR PARCHMENT-LINED BAKING SHEET.
- H. COVER THE LOAF AND LET IT RISE AT ROOM TEMPERATURE FOR 60-90 MINUTES OR UNTIL IT'S VERY PUFFY.
- I. DURING THIS TIME, PLACE A RACK IN THE UPPER THIRD OF YOUR OVEN AND PREHEAT THE OVEN TO 375F (190C).

### STAGE 3

- A. WHISK TOGETHER THE EGG WHITE AND WATER.
- B. BRUSH THE MIXTURE OVER THE RISEN LOAF.
- C. BAKE THE LOAF ON THE OVEN'S UPPER RACK FOR 25 TO 30 MINUTES OR UNTIL A THERMOMETER INSERTED INTO THE CENTER READS 190F (88C).

**NOTE:** DUE TO THE COLOR, IT CAN BE DIFFICULT TO TELL WHEN IT'S DONE. IF MAKING IT WITHOUT THE SQUID INK, THE BREAD WILL BE A GOLDEN BROWN.
- D. REMOVE THE CHALLAH FROM THE OVEN AND TRANSFER IT TO A RACK TO COOL.