

The King Cake



Serves :

8

(without the making of the puff pastry)



Prep :

1h30



Rest :

Freezing : 30 min.

Refrigeration : 6h or +



Cook :

Temperature : 356-338°F

Time : 30+20 min.

Special equipment

☒ Tart ring Ø 24 cm

☒ Hand blender

☒ Round nozzle 12 mm

☒ Tart ring Ø 20 cm

☒ 2 mm dough thickness guides

☒ Nuts (for bolts) 1 cm thick or small ring of H. 3 cm

☒ Cutter

List of recipes

✓ Inverted puff pastry

✓ Pastry cream

✓ Frangipane



Steps

D - 3

🌀 Inverted puff pastry

5 folds (see the dedicated tutorial on puff pastry)

D - 2

🌀 Rolling out the dough

To 2 mm

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D - 1

🌀 Making the pastry cream

Chill in the refrigerator for 1 hour.

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🌀 Making the frangipane cream

Freeze for a minimum of 2 hours.

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🌀 Assembling the king's cake

Freeze for 10 minutes.

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🌀 Cutting the king's cake

Chill in the refrigerator for a minimum of 2 hours.

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🌀 Applying the first layer of egg wash

Chill in the refrigerator.

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D-Day

🌀 Applying the second layer of egg wash

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🌀 Scoring

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🌀 Baking with fan heat

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15 min at 180°C/356°F, then...

15 min at 180°C/356°F+ 15 min at 170°C/338°F with a baking sheet placed 3 cm above the cake, then...

5-10 min at 170°C/338°F depending on the desired browning.

The rolled-out dough

Ingredients

Inverted puff pastry

✓ Butter block

- ✓ 375 g ~ Dry butter
- ✓ 100 g ~ Pastry flour

✓ Puff pastry dough

- ✓ 350 g ~ All-purpose flour
- ✓ 115 g ~ Melted butter
- ✓ 150 g ~ Water
- ✓ 15 g ~ Fleur de sel
- ✓ 1 tablespoon white vinegar

Make an inverted puff pastry dough (see the dedicated tutorial).

- With this quantity of dough (about 1.2 kg), you can make 2 king cakes of 24 cm in diameter.
- Do 4 to 5 folds (2 double folds and 1 single fold, or 1 double fold and 3 single folds, or 5 single folds) with 2 hours of rest between each fold.
- After completing the 5 folds, divide the dough into 2 equal parts. Each part should weigh approximately 550 g to make a 24 cm king cake.
- Roll out the dough to 2-3 mm thickness, using guides for more regularity and relaxing the dough (by lifting it).
- Make sure the rolled-out dough is at least 28 cm wide (desired size of the cake = 24 cm).
- Cut the rolled-out dough into 2 equal parts, making sure the 24 cm ring is not exceeded.
- Make a mark on each of the rolled-out doughs to remember in which direction it was rolled.
- Cover with plastic wrap and refrigerate for at least 2 hours.



Pastry cream

Ingredients

For 2 king cakes

- ☑ 250 g ~ Whole milk
- ☑ 60 g ~ Superfine sugar
- ☑ 50 g ~ Egg yolk (X3)
- ☑ 25 g ~ Butter
- ☑ 25 g ~ Pastry cream powder
(or cornstarch)
- ☑ 2 tbsp dark rum or amaretto
liqueur

- In a mixing bowl, add 3 egg yolks and 30g of superfine sugar.
- Whisk the mixture until the yolks become pale.
- Add 25g of pastry cream powder or cornstarch and mix well.
- Heat 250g of milk and 30g of superfine sugar in a saucepan over medium heat until it simmers.
- Pour half of the hot milk over the egg mixture and whisk well.
- Pour the egg and milk mixture back into the saucepan with the remaining milk and continue to whisk off the heat until it thickens.
- Put the saucepan back on medium heat and cook for 1 to 2 minutes, stirring constantly, until the cream boils. The cream should become smooth, fluid, and shiny.
- Remove the cream from the heat and continue stirring for 30 seconds. Adding alcohol (2 tablespoons) is optional but must be done at this stage to avoid curdling the frangipane.
- Film the cream with plastic wrap in contact and let it cool down to 45°C/113°F.
- At 45°C/113°F, add 25g of cold butter diced into small pieces and mix well.
- Refrigerate for 1 hour.



The frangipane

Ingredients

For 1 king cake

- ☑ 75 g ~ Powdered sugar
- ☑ 1 ~ Whole egg
- ☑ 90 g ~ Almond powder
- ☑ 60 g ~ Softened butter
- ☑ 120 g ~ Pastry cream

- To make the almond powder, avoid using pre-made almond powders if possible. => Grind whole almonds (90 g) to choose the granularity and to get more flavor.
- For even more flavor, roast the powder by heating it in a ventilated oven for 15 minutes at 150°C/302°F (without coloring it).
- In the bowl of a stand mixer fitted with a paddle attachment, add 60 g of soft butter and 75 g of powdered sugar.
- Mix, gradually increasing the speed of the mixer until the butter becomes creamy.
- Add the almond powder (90 g) and continue to mix.
- Add a beaten egg and finish mixing with a hand whisk.
- Add 120 g of pastry cream to obtain a homogeneous mixture.
- Transfer the frangipane to a piping bag (12 mm round tip).
- Make a 20 cm diameter insert using a tart ring of 20 cm diameter lined with food film as a container.
- Position the bean on the outer edge of the insert.
- Cover with food film and place the insert in the freezer for at least 2 hours..



Assembly

- Take out the pastry dough from the refrigerator and make sure it doesn't stick to its support.
- Place the frozen frangipane insert on one of the dough sheets, making sure the mark on the dough is at the top.
- Moisten the entire edge with a brush and fresh water.
- Position the second dough sheet over the top and give it a quarter turn so that the mark is on the right. This will result in a perfectly round king cake after baking.
- Press firmly but not too hard on the part that needs to stick with the palm of your hand.
- Pierce the entire edge and surface of the cake with a toothpick.
- Place the cake in the freezer for 10 minutes to firm up the dough as much as possible.
- Neatly cut the perimeter with a 24 cm tart ring and a cutter or scalpel.
- The remaining dough scraps can be used for other preparations.
- Place the cake in the refrigerator for at least 2 hours or overnight so that the dough absorbs the flavor of the frangipane.
- When taking out of the refrigerator, flip the cake and place it on a perforated baking sheet and mat.
- Create guidelines for scoring using a template and a toothpick, for example.
- Brush the top with a beaten egg yolk, being careful not to get any on the edge.
- Let the cake rest in the refrigerator for 20-30 minutes.
- Mix one egg yolk with 3-4 g of whipping cream and brush the cake again.
- Widen the hole in the center of the cake, then score it very lightly (maximum 1mm) with a sharp knife or cutter.
- Make small holes on the scored lines around the edge and surface of the cake to prevent the dough from puffing up too much during baking.
- Put in the oven right away.



The baking

- Bake for 15 minutes at 180°C/356°F.
- To control the thickness of the king cake, use 4 small tart rings of 3 cm in height (or nuts (for bolts) of 1 cm thickness stacked) at the 4 corners of the baking sheet. Place a baking sheet on top of the cake, then a perforated sheet or rack and weight on top.
- Continue baking for 15 minutes at 180°C/356°F, then 15 minutes at 170°C/338°F.
- Remove the top sheet and continue baking for 5 to 10 minutes at 170°C/338°F depending on the color of the cake.
- After baking, place the cake on a wire rack and let it cool down.



❖ Baking :

Don't hesitate to bake the king cake longer (at 170°C/338°F), rely on the visual aspect. The edges should not be white but golden. It must be admitted that baking times vary quite a bit from one oven to another.

❖ To prevent the king cake from opening during baking :

I strongly advise you to prepare the filling (frangipane) in such a way as to make a disk whose diameter is 4 cm smaller than the desired size of the cake. And freeze this disk! Also use a round nozzle of 12 to 14 mm to make this disk, so it will have the right thickness. Do not put too much frangipane, as this will generate too much steam during baking, and your king cake will overly inflate!

❖ The scoring :

Ideally, do the first brushing a few hours before the second. It is also very important to pull the brushing well, the layer should be very thin. Use a very sharp knife or a cutter to decorate the king cake. All designs are possible, the goal is to lightly incise the puff pastry, which will help it develop during baking. The deeper the incision, the more the dough will be spread apart..

❖ Using Vienna puff pastry :

This is an airy and melting puff pastry, almost flaky. The dough is also more hydrated than other puff pastries, there are more liquid elements in the dough, therefore more evaporation during baking, which means more lightness and good development from 4 simple folds.

The development is even better by making 2 double folds and 1 simple fold.

This pastry made up of thin layers is little known in pastry.

The dough should not be overworked to avoid elasticity.

For a 24 cm king cake

o Dough :

- Strong bread flour: 350 g
- Salt: 6 g
- Sugar: 15 g
- Whipping cream (+30% fat content): 125 g
- Egg yolk: x1
- Milk: 100 g

o For folding:

- Dry butter or extra fine butter : 200 g

For the method :

In a mixing bowl, mix the milk (100 g), whipping cream (125 g) and egg yolk, then pour everything into the bowl of the mixer.

Add the sifted flour (350 g), then the sugar (15 g) and salt (6 g).

Mix using the dough hook on speed 2 until a homogeneous mixture is obtained without overworking the dough (about 5 minutes).

Film the dough and let it rest for at least 30 minutes in the refrigerator.

For folding, use the dough to encase the butter.

It is possible to do 2 simple folds in a row, leaving 30 minutes between each step in the refrigerator.