

The King Cake



Serves :

8

(without the making of the puff pastry)



Prep :

1h30



Rest :

Freezing : 10 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
- ☒ 10-5-3-2 mm dough thickness guides
- ☒ 12*Nuts (for bolts) 1 cm thick or small ring of H. 3 cm
- ☒ Cutter

List of recipes

- ✓ Inverted puff pastry
- ✓ Pastry cream
- ✓ Frangipane



*The recipe is designed to make 2*24cm king cakes!*

Steps

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- 🌀 **Inverted puff pastry** Page 3
 > **Butter block (beurre manié) + Puff pastry dough (détrempe)**
 Chill in the refrigerator for 2 hours (maximum 4-5h)
- 🌀 **Making the 1st double fold** Page 4
 Chill in the refrigerator for 2 hours (maximum 4-5h)
- 🌀 **Making the 2nd double fold** Page 4
 Chill in the refrigerator for 2 hours (maximum 4-5h)
- 🌀 **Making the 3rd double fold** Page 4
 Chill in the refrigerator for 2 hours (maximum 4-5h)
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 Roll to 2 mm thickness.
 Chill in the refrigerator.

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 Chill in the refrigerator for 1 hour. (can be made the day before)
- 🌀 **Making the frangipane cream** Page 6
 Freeze for a minimum of 2 hours. (can be made the day before)
- 🌀 **Assembling the king's cake** Page 7
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 Chill in the refrigerator for a minimum of 2 hours.
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 Chill in the refrigerator.

D-Day

- 🌀 **Applying the first layer of egg wash** Page 7
 Chill in the refrigerator for 1 to 2 hours
- 🌀 **Applying the second layer of egg wash** Page 6
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 15-20 min at 180°C/356°F, then...
 10-15 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.

Inverted puff pastry

PREPARATION:

oTo simplify the process, prepare:

- A template of 20×36 cm (using a baking sheet of 30×80 cm).
- A template of 20×15 cm (using a baking sheet of 30×40 cm).

These templates will help you achieve consistent dimensions for the butter block and the détrempe.

Ingredients

For 2 king cakes



Inverted puff pastry

✓ Butter block

- ✓ 390 g ~ Dry butter
- ✓ 150 g ~ Pastry flour

✓ Puff pastry dough

- ✓ 450 g ~ All-purpose flour
- ✓ 75 g ~ Softened butter
- ✓ 195 g ~ Water
- ✓ 15 g ~ Fleur de sel
- ✓ 4,5 g ~ White vinegar

Two Days Before (J-2): Preparing the Butter Block

- o In a stand mixer bowl, add the flour (T55 tradition or T45) and the pieces of softened butter (390g).
- o Mix with the paddle attachment, gradually increasing the speed until the flour is fully absorbed into the butter and the mixture is homogeneous.
- o Using the 20×36 cm template, flatten the butter block into a uniform rectangle. Use 5 mm rulers to ensure an even thickness.
- o Chill in the refrigerator for at least 1 hour and 30 minutes.

Preparing the Détrempe:

- o Dissolve 15g of salt in 195g of water and add 1 tablespoon of vinegar. Pour this mixture into the stand mixer bowl.

Note 1: Dissolved salt prevents white spots on the dough after baking.

Note 2: Vinegar reduces gluten formation, softens the dough, and slows down oxidation.

- o Add 450g of flour (T55 tradition or T55 standard) and 75g of softened butter.

Note 3: Butter reduces the hydration of the flour, making the dough easier to handle.

- o Knead with the dough hook for 4–5 minutes on speed 1, until the dough is smooth and homogeneous.

Attention: Do not over-knead to prevent the dough from becoming too elastic.

- o Using the 20×15 cm template, shape the dough into a rectangle. Flatten it with a board or rolling pin to ensure an even thickness.

- o Chill in the refrigerator for at least 1 hour and 30 minutes (maximum 5 hours).

Preparing the Pâton:

- o Take the butter block out of the refrigerator and carefully peel it off the baking sheet.
- o Let it rest at room temperature for a few minutes until it becomes pliable (it should bend easily without breaking).
- o Place the détrempe at the center of the butter block. Fold the butter block over the détrempe to completely encase it.
- o If the butter block is too soft, chill it in the refrigerator for 15 minutes to restore its firmness.
- o Begin the laminating process immediately to ensure an optimal texture.



Lamination

The goal is to perform 3 double folds. (However, if you prefer a more pronounced flaky texture visible on the edges of the galette, opt for 2 double folds and 1 single fold).

o Important points to follow for each double fold:

- Flour generously: The dough should never stick to the work surface.
- Always start the folding process by pressing down on the dough with the rolling pin to seal and soften the layers.
- Turn the dough frequently during the folding process.
- Use rulers to ensure uniform thickness.
- The sheet of dough should be approximately 8 mm thick for the double fold.
- Press firmly with the rolling pin at the center of the fold to make it easier to fold neatly.
- Lightly roll out the dough after completing the double fold, ensuring you roll on both sides.
- Rest the dough in the refrigerator for at least 1 hour and 30 minutes between each fold. However, 2 hours of rest is recommended!
- After completing the final double fold, let the dough rest in the refrigerator for 2 hours before proceeding with the final rolling.



The rolled-out dough

- o Cut the pâton into two equal parts. Each piece should weigh approximately 600 g and can be used to make a 24 cm galette.
- o Roll out the dough to a thickness of 2 mm, using rulers for consistency and relaxing the dough by lifting it gently.
- o Start with the width (which corresponds to the cutting direction). It should measure approximately 28 cm.
- o Move on to the length, aiming to stretch it to about 50 cm.
- o If the dough is too elastic, cut the sheet into two equal parts and mark each piece to remember which direction it was rolled.
- o Wrap in plastic film in direct contact with the dough and refrigerate for at least 20 minutes.
- o Continue rolling the dough to form a square approximately 26–28 cm on each side.
- o Wrap in plastic film in direct contact with the dough and refrigerate for at least 1 hour and 30 minutes.



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 2 king cakes

- ☑ 150 g ~ Powdered sugar
- ☑ 2 ~ Whole egg
- ☑ 180 g ~ Almond powder
- ☑ 120 g ~ Softened butter
- ☑ 240 g ~ Pastry cream

- To make the almond powder, avoid using pre-made almond powders if possible. => Grind whole almonds (180 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 120 g of soft butter and 150 g of powdered sugar.
- Mix, gradually increasing the speed of the mixer until the butter becomes creamy.
- Add the almond powder (180 g) and continue to mix.
- Add a beaten egg and finish mixing with a hand whisk.
- Add 240 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 15-20 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.