

# 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
- ☒ Round nozzle 12 mm
- ☒ Galette stencil Ø 27 cm
- ☒ 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

- ✓ Viennese puff pastry
- ✓ Pastry cream
- ✓ Frangipane



la Pâte de Dom

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

# Steps

## D - 2

- 🌀 **Make the Viennese puff pastry** Page 3
  - > **Dough (détrempe)**  
*Rest in the refrigerator 2 h (maximum 4–5 h)*
- 🌀 **Making the 1st double fold** Page 4  
*Rest in the refrigerator at least 2 h*
- 🌀 **Making the 2nd double fold** Page 4  
*Rest in the refrigerator at least 2 h*
- 🌀 **Making the 3rd double fold** Page 4  
*Rest in the refrigerator at least 2 h*
- 🌀 **Making the dough sheets** Page 4  
*Roll to 2 mm thickness.*  
*Chill in the refrigerator.*

## D - 1

- 🌀 **Making the pastry cream** Page 5  
*Rest in the refrigerator 1 h. (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  
*Freeze for 5-10 minutes.*
- 🌀 **Cutting the king's cake** Page 7  
*Rest in the refrigerator at least 2 h, ideally overnight to develop flavors.*

## D-Day

- 🌀 **Make the powdered caramel** Page 6  
*Store away from humidity*
- 🌀 **Bake (convection / fan oven)** Page 7  
*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.*
- 🌀 **Apply the powdered caramel** Page 7  
*Bake 5 min at 170°C*
- 🌀 **Cool on a wire rack** Page 7

# Viennese Puff Pastry

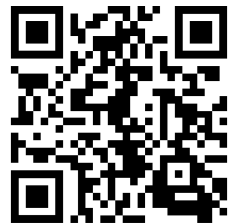
## PREPARATION :

- o Make a 20 × 25 cm template (using a 30 × 55 cm sheet of baking paper).

This template will help you obtain consistent butter dimensions.

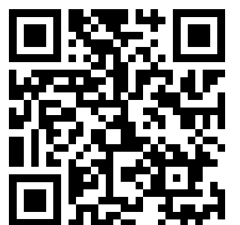
## Day -2: Make the dough (détrempe) :

- o In the mixer bowl, add in this order: milk, beaten eggs, vinegar, salt, sugar.
- o Mix briefly with a spatula to dissolve the sugar and salt.
- o When you no longer feel any grains, add the flour, then the softened butter.
- o Using the dough hook, knead on speed 1 for 2–3 minutes. Scrape down the bowl if needed to help the mixing.
- o When the dough starts forming a ball and there is no residue left in the bowl, place it on the work surface and fraise it.
- o The goal is to ensure the dough is fully homogeneous; this step normally takes only a few seconds.
- o Place the dough in an acetate (guitar) sheet, forming a fairly regular 25 × 20 cm rectangle.
- o Refrigerate for at least 2 hours (ideally overnight).



## Locking in the butter (enclosing):

- o Take the dough out of the refrigerator and resize it correctly to 25 × 41 cm, about 8 mm thick.
- o Wrap tightly (plastic wrap in direct contact) and place it in the freezer while you work the butter.
- o Take the butter out of the refrigerator and use the template prepared earlier.
- o Place the butter in the center and pound firmly, turning it from time to time. The goal is to make it match the template as closely as possible.
- o Once done, close the template and roll the butter to 8 mm (20 × 25 cm).
- o When the butter is ready (optimal working temperature 13–16°C), take the dough out of the freezer (it should be around 3–8°C), then start enclosing the butter.
- o The butter and the dough should not be at the same temperature, but they must have the same firmness.
- o The butter should be able to bend without cracking.
- o You can now begin laminating (turns).



## Ingredients

For 2 king cakes



### Viennese puff pastry

#### ✓ Laminating butter

- ✓ 480 g butter

#### ✓ Dough (détrempe)

- ✓ 600 g traditional flour
- ✓ 120 g softened butter
- ✓ 240 g whole milk
- ✓ 70 g whole egg (x2)
- ✓ 12 g fine salt
- ✓ 24 g sugar
- ✓ 4.5 g white vinegar

# Lamination

The goal is to do 3 double turns. (However, if you want clearly visible layers on the side of the galette, use 2 double turns + 1 single turn instead.)

o Key points to follow for each double turn:

- Flour well: the dough must never stick to the work surface.
- Always start laminating (during the lock-in/enclosing step) by pressing on the dough block with the rolling pin to seal and soften the layers.
- Before starting the double turns, tap the dough block with the rolling pin to relax it before rolling it out.
- Turn the dough frequently during lamination.
- Use thickness guides/spacers for better consistency.
- For a double turn, the sheet should be about 5 mm thick.
- Press firmly with the rolling pin at the center of the fold to make it easier.
- Once the double turn is completed, roll the dough slightly, working from both sides.
- Rest in the refrigerator for at least 2 hours between each turn.
- After the final double turn, rest for at least 2 hours in the refrigerator before the final rolling.



## Rolling out (Sheets)

- o Start rolling with the folds facing you, not on the sides. Then extend to 28 cm (4 cm larger than a 24 cm galette).
- o Once 28 cm is reached, rotate the dough block a quarter turn so the folds are on the sides, then roll down to 8 mm.
- o Fold the dough in half to mark the center, then cut into 2 equal pieces.
- o Each piece will make one complete galette (i.e., 2 discs).
- o Make a small notch on the same side of both pieces to keep track of rolling direction. (Place one piece in the refrigerator while you roll the other.)
- o Roll the piece to 2 mm, always keeping the same direction (notch on the side).
- o Fold in half again and cut once more into 2 equal pieces (for one galette).
- o Place them in the freezer for 5–10 minutes so you can roll them again to 2 mm.
- o Then refrigerate for at least 2 hours (ideally overnight).



# 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.



## Ingredients

For 2 king cakes

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

## The frangipane

- 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..



## Ingredients

- ☑ 100 g ~ Granulated sugar

## Caramel Powder

- Make a dry caramel.
- Over medium heat, sprinkle a thin layer of sugar over the bottom of the saucepan and let it melt.
- As soon as it has melted, add another layer of sugar, and repeat until all the sugar is melted.
- When all the sugar is melted and has a nice amber color, pour it onto a silicone mat and let it cool completely.
- Break it into small pieces and blend in a food processor until you get a powder.
- Store in an airtight container.



# Assembly

- Take the pastry sheets out of the refrigerator and make sure they are not sticking to their backing.
- Prick (dock) the entire surface of the first sheet with a toothpick.
- Place the frozen frangipane insert on top, making sure the notch on the sheet is on the side.
- Lightly brush the entire edge with cold water.
- Place the second sheet on top, giving it a quarter turn so the notch ends up at the top or bottom.
- This helps the galette stay nicely round after baking.
- Press the sealing area firmly but not too hard with the palm of your hand.
- Prick all around the galette, as well as the entire surface, with a toothpick.
- Place the galette in the freezer for 10 minutes to firm up the dough as much as possible.
- Trim cleanly using the 24 cm ring and a cutter or scalpel.
- Offcuts can be used for other preparations. If you want visible layers on the sides, do not press down with the ring—use it only as a guide.
- Refrigerate for at least 2 hours, or overnight, so the dough can take on the frangipane aromas.
- Place a sheet of baking paper on a perforated baking tray, or brush the tray with melted butter.
- Sprinkle with brown sugar, then place the silicone stencil.
- Take the galette out of the refrigerator and place it on the stencil, making sure it is well centered.
- Bake immediately.



# The baking

- Bake for 15–20 minutes at 180°C. To control the galette's thickness, place 4 small 3 cm-high rings (or stacked 1 cm nuts) at the four corners of the baking tray.
- Place a sheet of baking paper on top of the galette, then a tray or rack, and add weight.
- Continue baking for 15 minutes at 180°C, then 15 minutes at 170°C.
- Remove the top tray and continue baking for 5–10 minutes at 170°C, depending on the color.
- When it comes out of the oven, transfer the galette to a wire rack and let it cool slightly.





## ❖ Baking :

Do not hesitate to bake the galette longer (at 170°C). Rely primarily on visual cues: the sides should not be pale, but nicely golden. Baking times can vary significantly from one oven to another.

## ❖ To prevent the king cake from opening during baking :

Strongly recommended: prepare the filling (frangipane) as a disc whose diameter is 4 cm smaller than the desired galette, and freeze this disc.

Also use a 12–14 mm round piping tip to pipe the disc so it has the right thickness. Do not add too much frangipane, as it will generate too much steam during baking and the galette will puff up excessively.!

## ❖ Freezing :

You can freeze the galette right after assembling it (wrap it tightly, film in direct contact).

To bake it, let it thaw overnight in the refrigerator.

This method also helps keep the same baking times.

## ❖ About Viennese puff pastry :

It is an airy, melt-in-the-mouth puff pastry, almost wafer-like.

The dough (*détrempe*) is also more hydrated than other puff pastries: there are more liquids in the dough, therefore more evaporation during baking, which results in more lightness and good lift from 4 single turns.

The development is even better with 2 double turns and 1 single turn.

This dough, made of fine layers, is not very well known in pastry.

The *détrempe* should not be overworked to avoid elasticity.

For the liquids, you can absolutely use a mix of milk + liquid cream.

Personally, I like 160 g whole milk + 80 g whipping cream.

The main advantage of this puff pastry is that it is also very easy to flavor by infusing an aroma into the milk.