

MARDI GRAS KING CAKE



The king cake is the traditional dessert of the Carnival season and was originally served on the Feast of the Epiphany.

To make the dessert fun and unique, a bean was pressed into the dough prior to cooking. Whoever got the slice containing the bean would host a party for all guests in attendance. Today the bean has been replaced with a plastic baby to signify the New Year.

DOUGH

INGREDIENTS:

1/2 oz Instant Yeast
1 1/2 cups of warm Water
1/2 cup of Sugar
5 cups of Flour
1/2 cup dry Milk Powder
2 tsp Salt
2 Eggs, beaten
1 cup melted Butter

DIRECTIONS:

In a measuring cup combine yeast and 1/2 cup water and set aside.
In a large mixing bowl, sift together dry ingredients.
Using dough hook or mixer, blend ingredients 2-3 min on low speed.
In separate bowl combine eggs 3/4 cup melted butter, and remaining water.
Slowly pour liquids and blossomed yeast into mixing bowl with flour, gradually increasing speed.
Mix 8-10 min or until dough separates from bowl.
If dough is too wet sprinkle extra flour.
Brush a large stainless bowl with melted butter until coated then place dough inside.
Brush dough with remaining butter and cover tightly with plastic wrap.
Allow dough to proof in warm place for about an hour or until double in size.

GLAZE

INGREDIENTS:

2 lbs powdered Sugar
1 pinch Salt
1 tbsp Almond Extract
3/4 cup Water
1 tsp Cinnamon

DIRECTIONS:

In electric mixer, combine sugar and salt.
Mix on low while slowly pouring in almond extract and water.
Add cinnamon and continue to blend until glaze is smooth.
Set aside.

KING CAKE ASSEMBLY

INGREDIENTS:

1/4 cup melted butter
1/2 cup sugar
2 tbsp cinnamon
Egg wash (1/2 cup Milk, 2 Eggs, beaten)
Purple, green & gold sugars

DIRECTIONS:

Preheat oven to 350°.
After dough has proofed, roll out onto a well floured surface into an 18" by 12" rectangle.
In small bowl combine sugar and cinnamon.
Brush top of dough with melted butter then sprinkle with sugar and cinnamon mixture.
Cut cake into 3 equal pieces lengthwise (3 - 4"x18" strips).
Pinch the end of each strip together, then starting from the joined end form a standard 3 strand braid.
Shape braid into circle and join ends.
Brush entire cake with eggs wash and proof in warm place until cake approx. doubles in size.
Bake 20 -25 min or until golden brown.
Drizzle glaze over entire cake and sprinkle with purple, green and gold sugars.