

#111: Mardi Gras Celebration

King Cake

Megan Forman, Gracious Bakery & Café

180 grams bread flour
54 grams all-purpose flour
4 grams instant dry yeast
4 grams salt
2 grams malt powder
21 grams whole eggs
129 grams whole milk
24 grams granulated sugar
35 grams butter, cut in ¼" chunks
Cinnamon Sugar Filling (recipe follows)
Icing (recipe follows)
Cake sprinkles or colored sugar

In the bowl of a stand mixer, combine the flours, yeast, salt and malt. Put the bowl on the mixer fitted with a dough hook, then add the eggs and milk. Mix on low (speed 1) for 3 minutes. Scrape down the bowl. With the mixer on, stream in the sugar. Continue to mix on low speed for 1 to 3 minutes. Stop the mixer and add the butter. Increase the mixing speed to speed 2 and mix for 2 minutes.

Spray a medium sized bowl with non-stick spray. Place the dough in the bowl and cover with plastic wrap. Place in the refrigerator for 12 hours to overnight.

The next day, remove the dough from the refrigerator. Roll the dough out on a floured surface to a 3-inch by 20-inch rectangle.

Sprinkle cinnamon sugar filling all over the dough. Roll up the dough from the long seam, creating one long roll. Pinch the ends together. Place the king cake on a parchment lined sheet pan for 1 1/2 to 2 hours in a warm place, covered with a dishtowel.

Preheat oven to 350 degrees. When the cake is fully proofed, remove the dish towel and bake in the preheated oven for 20 to 25 minutes, or until browned. Remove the king cake from the oven and allow to cool completely.

When cooled, glaze with icing and decorate with purple, green and gold cake sprinkles or colored sugar.

Cinnamon Sugar Filling

170 grams granulated sugar

47 grams bread flour

2 grams salt

10 grams cinnamon

20 grams vegetable oil

Mix all the ingredients in a bowl.

Icing

445 grams confectioners sugar

15 grams corn syrup

118 grams water

Whisk together thoroughly all the ingredients in a mixing bowl. Make sure there are no lumps.