

heute gibt es...

King Cake



Ingredients:

- 650g Mehl
- 40g fresh yeast
- 150g Butter
- 150g sugar
- 75g candied lemon peel
- 75g Orangeat
- 150g dried fruit (e.g. raisins, figs, dates, etc.)
- 50g walnuts
- 50g Pinienkerne
- 4 eggs
- 1 Bio-Lemon
- 1 Orange
- 100ml Rooms
- 1 egg yolk

for decorating:

half walnuts, candied peel, figs, cherries or almonds

Preparation:

1. The fresh yeast crumble into a bowl and dissolve in 100 ml of warm water. Weigh 150g flour in a bowl and form a well in the center. In this type the dissolved yeast, with the flour mix and form into a ball. Cover the bowl and let rise in a warm place for 15 minutes.
2. The shell of the lemon and orange rub with a grater. give 500g flour into a bowl, form a well and add to the butter, abrasion of lemon and orange, as well as sugar. Mix well with your hands and work in sequence with the eggs. The flour-yeast scoop of and knead well. Finally, pour the rum and knead again vigorously.
3. Chop candied peel, dried fruit and nuts small and work into the dough. Again into a ball and cover with a little flour. With a tea towel cover and let rise in a warm place for 5 hours.
4. Line a baking sheet with parchment paper and preheat oven to 25 degrees. From the dough form a ring, put on the plate and allow to rise in the oven 1 hour.
5. Take baking sheet from the oven and preheat to 180 degrees.
6. brushing the ring of pastry with the egg yolk and decorate. In the oven now until golden brown about 40 minutes.

Actually, the fruits on the Bolo Rei after cooling even with gelatin being brushed, but we do not like that and therefore I refrain.



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