



New Orleans King Cake



by Shannon Vavich

Ingredients:

The Cake:

4 cups all purpose flour
1/2 cup sugar
1/2 cup powdered milk.
1 1/2 teaspoon salt
2 eggs
1 cup water
1/4 cup melted butter

Filling:

1/4 cup softened butter
1/2 cup dark brown sugar
2 tablespoons cinnamon

Glaze:

1/2 cup softened butter
4 ounces softened cream cheese
2 cups powdered sugar
2 - 4 tablespoons spiced rum

Decorating sugar:

2/3 cup sugar for each color
food coloring (see video)

To make the cake: Combine flour, sugar, powdered milk and salt in a large bowl. Form a well in the middle of your dry ingredients (see video). In a medium bowl, whisk the eggs with the water, melted butter and yeast.

Pour the wet ingredients into the well in the dry ingredients. Mix slightly with a fork to create a "sponge" (see video). Cover bowl with plastic wrap and let sit for 15-30 minutes.

Mix the sponge throughout the dry ingredients and knead on a floured surface for about 10 minutes. (see video). Incorporating

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more flour as needed. Cover and let rise in a warm place for 1 1/2 hours.

After dough has risen, roll out into a rectangle on a floured surface and brush butter on dough. See video. Sprinkle brown sugar and cinnamon on buttered dough. Roll up dough "cinnamon roll style" and form into an oval or circle. Place on a baking sheet covered with parchment paper. Cover and let rise for about 30 minutes. Bake at 325° for 30-35 minutes. Be sure to completely cool the cake before glazing.

Mix the glaze using a mixer. Cream the butter and cream cheese, adding the powdered sugar and milk as you go. Add the rum at the end. Optional.

To make the decorating sugar, place 2/3 to 1 cup of sugar each - into three bags. Put a few glops of gel food color into each bag. Secure the top of the bag and knead and shake the sugar until the gel food color is fully mixed.

Pour the glaze over the king cake and arrange the sugar over it, alternating colors.

Enjoy! Happy Mardi Gras!