



**it's
carnival
time!**

**and it's all about the
King Cake!**

**Provided by
BBC Destination Management - New Orleans**

Step 1: Tips & Tidbits

Allow 30-40 minutes to measure out all of the ingredients you are going to need.

Do not combine ingredients.

Print a set of recipes to have available during class.

Set up your station.

Grab your apron and a couple of dish towels.

Get ready to have a fun time!

Step 2: Kitchen Equipment

- **Handheld or Stand Mixer**
- **Set of Measuring Cups**
- **Set of Measuring Spoons**
- **Rubber Spatula**
- **3 - Medium Mixing Bowls**
- **1 - Small Mixing Bowl**
- **Fork**
- **Plastic Wrap**
- **Nonstick Kitchen Spray**
- **Aluminum Foil**
- **Large Spoon**
- **Rolling Pin**
- **Cookie Sheet/Sheet Tray**
- **Parchment Paper**
- **Toothpick**

Step 3: Makin' Groceries

King Cake

- $\frac{3}{4}$ C Whole Milk
- $\frac{1}{4}$ C Unsalted Butter
- 2 $\frac{1}{4}$ tsp Instant Yeast (1 package)
- $\frac{1}{4}$ C Granulated Sugar
- 1 Egg plus 1 Egg Yolk at room temperature
- 3 C All Purpose Flour, plus more for dusting
- $\frac{3}{4}$ tsp Salt
- Decorative Purple, Green and Gold Sugar Sprinkles

Cinnamon Spiced Filling

- 6 Tbsp Unsalted Butter, softened
- $\frac{2}{3}$ C Dark or Light Brown Sugar, packed
- 1 $\frac{1}{2}$ Tbsp Ground Cinnamon
- 1 C Pecans, chopped

Cream Cheese Icing

- 4 oz Cream Cheese, softened
- 3 Tbsp Unsalted Butter, softened
- 2 Tbsp Whole Milk
- 1 tsp Vanilla Extract
- 1 C Powdered Sugar

Step 4: King Cake

1. Make a proof box for the dough. Preheat oven to 175 F. Once the oven has reached temperature turn it off and keep the door closed.
2. Warm the milk and butter together over stove until butter is just melted. Mixture should be the temperature of warm bath water. Pour contents into large mixing bowl.
3. Sprinkle yeast on top and add sugar, egg, and egg yolk. Using mixer, mix until well combined.
4. With mixer running on low, slowly stir in flour with salt, one cup at a time being sure to scrap down sides of bowl. Mix thoroughly until dough is formed. The dough will be very soft.

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5. Place the dough in a greased bowl. Turn the dough around in bowl to coat evenly. Cover dough with plastic wrap and allow to rise in oven making sure oven is off and door is slightly ajar. Your dough should rise and almost double in size. Takes approximately 20-30 minutes.

6. Prep a cookie sheet or sheet tray with parchment and use kitchen spray to spray paper. Proceed with making your filling. See recipe.

7. Once the dough has double in size remove from oven. Gently punch the dough down to deflate then roll onto floured surface. Knead the dough a few times until smooth. Knead in more flour if dough is still sticky.

8. Using a rolling pin roll dough out to be about 18" x 10". Cut the dough in half lengthwise. Now is time to spread the filling. Spread softened butter on dough evenly, then sprinkle combined spice ingredients on top of the butter to coat. Roll each sheet of dough tightly and pinch to seal.

9. Preheat oven to 350 F



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10. On sheet tray lined with parchment paper braid the two assembled doughs and make what looks like a circular wreath. Pinch again to seal.

11. Cover with plastic wrap tightly and allow dough to rise and double in size. Approximately 10-15 minutes. A good tip is to leave it somewhat near your oven that is preheating to help speed up the process.

12. Once dough has doubled in size place in oven and bake for about 20-30 minutes. *Check halfway through the cooking process, if dough is browning cover with tin foil.

13. Once dough has baked through test to make sure the inside is fully cooked by inserting a toothpick, if it comes out clean it's ready. Let cool a few minutes and top with Cream Cheese Icing and decorative sugars.

14. Slice and serve!



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Step 5: Cinnamon Spiced Filling

- 1. Combine brown sugar, cinnamon, and pecans in a small bowl.**
- 2. Reserve the softened butter to spread on the dough once it has completed it's first round of proofing.**
- 3. Follow instructions on King Cake recipe No. 8**

Step 6: Cream Cheese Icing

- 1. Using a handheld mixer or stand mixer beat the softened cream cheese and butter on medium speed until smooth.**
- 2. Add milk and vanilla extract, beat until smooth.**
- 3. Add the powdered sugar and beat on medium speed until you have achieved a nice creamy texture.**



Special thanks to the
New Orleans School of Cooking.

*“There is no place on
Earth even remotely like
New Orleans. Don’t even try
to compare it to anywhere
else.”*

- ANTHONY BOURDAIN