

Unlocking the Secrets of Food Science



King Cake

Ingredients

Dough

- ¼ oz package yeast (1 pkg)
- 1 cup warm milk
- 1-2 tsp sugar (for yeast and milk mixture)
- ½ cup sugar
- 1/3 cup melted butter
- 1 tsp salt
- 1 egg
- 4 cups all-purpose flour

**You can also use your favorite brioche or cinnamon roll dough recipe! Frozen bread dough also works.*

Filling

- 1/3 cup softened butter
- 1 cup brown sugar
- 2 ½ tbsp ground cinnamon

Glaze

- 7 tbsp butter
- 1 ½ cups powdered sugar
- 1 Tbsp corn syrup
- 4 oz (½ bar) cream cheese
- 1 tsp vanilla extract
- 1/8 tsp salt

Procedure

Heat oven to 350°F.

Prepare Yeast Mixture:

- In a small bowl, dissolve yeast in warm milk and sugar.
- Set aside for 5-10 minutes.

Prepare Dough:

- In a large bowl, mix milk, sugar, melted butter, salt, and egg.
- Add 2 cups of flour and mix until smooth.
- Add the yeast mixture.

- Mix in the remaining flour until the dough is easy to handle.
- Knead the dough on a lightly floured surface for 5-10 minutes.
- Place in a well-greased bowl, cover, and let rise until doubled in size (about 1 to 1 ½ hours).

Shape Dough:

- Once doubled in size, punch down the dough.
- Roll out on a floured surface into a 15x9-inch rectangle.
- Spread softened butter all over the dough.
- Mix sugar and cinnamon, then sprinkle over the buttered dough.
- Starting at the 15-inch side, roll up the dough and pinch the edge together to seal.

Form Braid:

- Place the roll into a straight line.
- Starting 1 inch from one end, cut three strands.
- Braid the strands and then form a circle on a baking pan on parchment paper.
- Let rise until the dough is doubled (about 30-45 minutes).

Bake:

- Bake for about 20 minutes or until nicely browned.

Prepare Glaze:

- Meanwhile, mix butter, corn syrup, powdered sugar, cream cheese, vanilla, and salt.
- Add hot water 1 tablespoon at a time until the glaze reaches the desired consistency.
- Spread over the slightly cooled king cake

Authors:

Shannon Coleman, Ashely Gutierrez & Evelyn Watts
School of Nutrition and Food Sciences

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