

# NOURISH



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# Galette *des* Rois

## HOW TO MAKE AN EASY BUT TRADITIONAL “KING CAKE” FOR EPIPHANY

by Christina Kolb

**Just because December 25th** (and a load of Christmas cookies) has come and gone doesn't mean that the fun of baking in the kitchen with your kids has to end! Baking a galette des rois (or “king cake”) for the Feast of the Epiphany is fun, easy, and might just become a new family tradition!

In the United States, many of us know the king cake as the yeasted confection topped with frosting and colored sugar that we enjoy on Fat Tuesday before Lent begins. However, the tradition of king cakes began in France hundreds of years ago to celebrate the Epiphany. It is called a king cake because it was meant to “draw the Kings” to the Baby Jesus. Traditionally, a fève (a broad bean) was placed in the middle of the cake to symbolize the baby Jesus, and whoever found the fève in their piece was made “king”! Some bakeries in France still sell the cakes complete with a paper crown for the lucky king.

The following recipe uses pre-made puff pastry and a simple almond filling, making it a fun, easy recipe to try with your kids. While you're putting it in the oven, set them to work making a crown for your family's king. Not only is this a fun activity and a great way to talk to your kids about why we celebrate the Epiphany as a feast day, but you'll also have a delicious cake to show for it!

## *Ingredients*

1/2 cup almond flour	1 pound (450g) puff pastry, divided in two pieces, chilled
1/4 cup (100g) sugar	a whole almond or piece of candied fruit to be the fève
pinch salt	1 egg yolk
zest of 1/2 orange (unsprayed or organic)	1 teaspoon milk
4 tablespoons unsalted butter, cubed, at room temperature	
1 large egg, at room temperature	
4-5 drops almond extract	

## *Instructions*

To make the almond filling, combine the almond flour, sugar, salt, and orange zest in a medium bowl. Beat in the butter until it's completely incorporated. Mix in the egg, then the almond extract. Cover and chill in the fridge until you need it.

Line a baking sheet with parchment paper or silicone baking mat. On a lightly-floured surface, roll one piece of puff pastry into a circle about 10" round. Using a pot lid, plate, or bottom of a spring form pan as a template, trim the dough into a neat circle. Place the dough on the baking sheet. Repeat with the other piece of pastry, so you have two circles on the baking sheet. Chill the dough for thirty minutes.

Remove the dough and almond filling from the refrigerator. Spread the almond filling over the center of one of the dough circles, leaving a 1-inch exposed border. Place an almond to act as the fève somewhere in the almond filling, if you wish.

Brush water generously around the exposed perimeter of the dough with the filling, then place the other circle of dough on top of the galette and press down gently to seal the edges. (It can be refrigerated for a few hours or overnight at this point, if you'd like.)

Preheat the oven to 375°F. Flute the sides of the dough, like you would a pie, or scallop the edges using a paring knife. Stir together the egg yolk with the milk and brush it evenly over the top – avoid getting the glaze on the sides, which will inhibit the pastry from rising at the edges. Use a paring knife to lightly score designs on top of the tart, without actually cutting through the dough.

Bake for 30 minutes, or until the galette is browned on top and up the sides. Remove from the oven, let cool 10 minutes, then slide the galette off the baking sheet and onto a cooling rack. Serve warm or at room temperature.

