EPIPHANY · JANUARY 6

Epiphany king cake (galette des rois)

Prep 25 min **Cook** 30 min **Chill** 15 min **Total** 1 hr 10 min **Makes** One 9-inch (23 cm) cake, 8 slices

Level Medium

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. A grown-up cuts the pastry circles and scores the top with a sharp knife.

ALLERGY INFORMATION

Contains wheat (gluten), milk, egg, and tree nuts (almonds), so it is not suitable for anyone with a nut allergy. The hidden whole almond is a choking hazard: tell everyone it is there, and do not serve this cake to young children. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

Pastry

- 2 sheets puff pastry (about 1 lb / 450 g total), thawed but cold
- 1 egg yolk beaten with 1 tbsp milk, for brushing
- 1 whole almond, for the hidden “bean”

Almond filling (frangipane)

- 7 tbsp (100 g) butter, softened
- ½ cup (100 g) sugar
- 1 cup (100 g) almond flour or ground almonds
- 1 egg
- 1 tbsp all-purpose flour
- ½ tsp almond extract (optional)
- A pinch of salt

METHOD

1. Heat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Beat the butter and sugar until creamy, then beat in the almond flour, egg, flour, almond extract, and salt.
3. Cut a 9-inch (23 cm) circle from each pastry sheet, using a plate as a guide. Place one circle on the baking sheet.
4. Spread the filling over it, leaving a 1-inch (2.5 cm) border. Press the whole almond into the filling near the edge.
5. Brush the border with water, lay the second circle on top, and press the edges firmly to seal.
6. Brush the top with the egg wash. With the tip of a knife, lightly score curved lines from the center without cutting through, and poke a small hole in the middle. Chill for 15 minutes.
7. Bake 25 to 30 minutes, until deep golden and puffed. Cool for 15 minutes, then slice and see who finds the almond.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Make paper crowns while it bakes
- Stir the almond filling
- Hide the almond (and keep the secret)
- Brush the top with egg wash

GOOD TO KNOW

- Tell everyone about the hidden almond before they start eating.
- Many families let the youngest child sit under the table and call out who gets each slice, so the crown goes to someone by surprise.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Lord Jesus, as the Wise Men brought you gifts, help us give you our hearts.