



King Cake with White Garlic.



DIFFICULTY
MEDIUM



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
8



TYPE OF DISH
DESSERT



PREPARATION TIME
30 MINUTES



GARLIC VARIETY
WHITE

Ingredients

- 4 cloves of White Garlic
- 3 medium size Eggs
- 50 gr of raw laminated Almond
- 80 gr of Butter
- 400 gr of Flour
- Yeast
- 60 gr of diced candied fruit
- 120 cl of Water
- 5 cl of Orange Blossom Water
- 20 gr of Icing Sugar
- 80 gr of Sugar
- 4 cl of White Rum
- 1 Orange Peel
- 1 Lemon Peel
- 1 pinch of Salt

Step by Step



1. Peel and finely chop the Garlic cloves.
2. **Make the syrup:** Put the Sugar, Butter, Rum, Garlic and the citrus peels in a pot on low heat. Stir until the liquid gains a denser texture, like a sauce.
3. At that time remove from the heat and add the Orange Blossom Water. Leave it aside to cool down to room temperature.
4. Meanwhile, put the Flour and two Eggs in a bowl and knead the dough thoroughly.
5. Dilute the yeast in a bit of Water, add it to the dough and keep kneading it.
6. Remove the citrus from the syrup, then add the syrup to the dough. Knead thoroughly until the dough is completely homogenous.
7. Shape the dough into a ball and leave it covered for an hour at room temperature for it to ferment.
8. When this time is up, stretch the dough shaping it into a cylinder, and put the ends together forming a circle.
9. Beat the eggs and paint the cake so that it turns golden when it is baked.
10. Place the Candied Fruit and laminated Almonds along the top of the cake.
11. Moisten the icing Sugar with some sugar and sprinkle it over the cake.
12. Bake at 175 °C for 25 minutes approximately, after pre-heating the oven.

DISH PRESENTATION:

13. Once the Cake is cooked and its colour has turned golden, remove it from the oven and wait for it to cool down at room temperature.
14. It can be presented plain or opened in half and filled with whipped cream, truffle filling or pastry cream.

TIPS FROM THE CHEF Miguel Ángel Mateos:

- Candied garlic loses its intense flavour leaving a very pleasant aroma, quite different to the one we are used to.
- To make the syrup we can substitute the water by whole milk, this will make the cake more tender and also conserve it for longer.
- If you are planning to make the dough one day in advance, you can leave it to ferment in the fridge, which will keep it well conserved for longer.