

Galette de Roi (French King Cake)

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Bean
New Orleans, LA

When shopping, check the package ingredients; puff pastry made with vegetable shortening is not as high-quality as puff pastry made with real butter. And, be sure to let your guests know that there is a bean in the cake before serving.

MAKES 8 TO 10 SERVINGS.

Nonstick cooking spray
1 cup granulated sugar, in all
1 pound all-butter puff pastry
1 1/2 sticks (12 tablespoons) unsalted butter, softened
3 eggs, in all
3 tablespoons brandy
1 tablespoon pure vanilla extract
3/4 cup almond meal
1/4 cup all-purpose flour
2 tablespoons cream
1 dried bean, optional
Powdered sugar, for dusting

Prepare an 8-inch tart pan with removable bottom by spraying with cooking spray and dusting with 1/4 cup granulated sugar. Remove the bottom of the pan and grease/sugar the inside of the rim.

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continued

Divide the puff pastry in half. Work with one half of the pastry at a time, keeping the other refrigerated. Roll out one half to 1/8-inch thick and place into the prepared tart pan allowing about 1 inch to drape over the sides. Refrigerate until ready to use. Roll the second half of the pastry to 1/8-inch thick and refrigerate on a sheet pan until ready to assemble the cake.

Cream the butter and remaining 3/4 cup sugar until smooth and light in color using either a standing mixer with a paddle attachment or a spatula. Add 2 eggs to the mixture, one at a time, incorporating the first fully before adding the second. Fold in the brandy and vanilla. Mix together the almond meal and flour, then fold into the butter mixture.

In a separate bowl, whisk together the remaining egg and heavy cream. Pour the almond/butter filling into the tart pan lined with prepared puff pastry. Place the dried bean into the filling, if using. Brush the rim of the puff pastry with egg/cream glaze, then place the second rolled out pastry round on top. Press the edges down against the outside of the pan to seal. Cut off excess. Refrigerate the tart overnight.

Preheat the oven to 400°F. Place tart pan on a baking sheet. Brush the top of the cake with glaze. Using a sharp paring knife, score the top of the pastry in half circles working your way from the center to the edge (see picture). Be careful not to cut through the pastry, just score. Bake the tart for 25 to 30 minutes, until the cake has puffed and turned golden brown. Place on a wire rack to cool. Sprinkle with powdered sugar.

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