

ROSCÓN DE REYES

The Three Kings' Day (*el día de los Reyes Magos*) celebrates the Epiphany on January 6th, this is the day that families get together for a feast, unwrap presents (brought by the Three Wise Men/Kings), and head out to watch a parade of elaborately-decorated floats. And the prize part of the feast is the *roscón de reyes*, or Kings' Cake. This once-a-year dessert is made of an oval-shaped sweet yeasted bread, similar to brioche. It can be served plain, but most often you'll see it sliced in half and sandwiching a layer of sweet whipped cream— perhaps even with chocolate whipped cream.

The bread itself is topped with candied fruits, dried dates, and anything else sweet and colorful! When it's put together, the cake is said to represent the crowns worn by the Three Kings who visited the baby Jesus in the manger.

When a family sits down to eat a *roscón*, everyone is hoping to find the toy in their slice. Whoever nearly cracks a molar on a ceramic Christ gets good luck for the entire year! But if you're the one who ends up crunching on a dried fava bean instead, it's your job to buy the cake next Christmas.



INGREDIENTS

- 4 cups baking flour
- 1/2 teaspoon of salt
- 10 g dry baker's yeast
- 1/3 cup milk lukewarm
- 1/3 cup water lukewarm
- 6 tablespoons butter at room temperature
- 6 tablespoons sugar
- Rind of 1 large orange grated
- 2 large eggs
- 1 tablespoon brandy or rum
- 1 egg white
- 2 cups assorted candied fruit chopped in different sizes

INSTRUCTIONS

Sift the flour and salt into a large mixing bowl, and make a well in the middle.

1. In a smaller bowl, dissolve the yeast into the lukewarm milk and water. Once the yeast is completely dissolved, pour the mixture into the well of the flour.
2. Scrape in just enough flour from around the well to create a thick batter, sprinkle some extra flour on top, and cover with a kitchen towel. Leave the bowl in a warm place for around 15 minutes, or until the batter is doughy and sponge-like.
3. Meanwhile, in another medium mixing bowl, use an electric beater to combine the butter and sugar until creamy.
4. Once the dough is appropriately spongy, add the eggs, brandy, orange rind, and a splash of water to it. Mix well, until the dough is elastic and a bit sticky.
5. Add the butter and sugar mixture to the dough and mix until smooth.
6. Shape the dough into a ball and cover in oiled plastic wrap. Keeping it in the large mixing bowl, cover it once more with a kitchen towel and leave in a warm place away from draft. As the dough proves, it will double in size. This can take anywhere between 1 to 2 hours depending on the strength of the yeast culture.
7. While the dough rises, grease a large baking sheet for later use.

8. Once the dough has doubled in size, remove the plastic wrap. Punch down the dough and place it on a lightly floured countertop or cutting board.
9. You need to knead the dough for two or three minutes, and then roll it into a large rectangle.
10. Next, roll the dough inwards from the long edge to create a sausage shape. Bring the ends together to create the iconic donut, and place on the baking sheet. Want to add the bean or a ceramic toy? Do it now by poking it within the dough.
11. Wrap the dough once more with plastic wrap and leave in a warm place for roughly one hour to again double in size.
12. Preheat the oven to 180°C.
13. Once the dough has risen, lightly beat the remaining egg white and brush it across the top. Cover the cake in the assorted dried fruits, pushing gently so they do not fall off of the cake while it is baking.
14. Bake for 30 minutes or until golden. Cool on the rack before serving.

NUTRITION

Calories: 390.62kcal	Carbohydrates: 83.13g	Protein: 8.44g	Fat: 2.11g
Saturated Fat: 0.7g	Cholesterol: 34.54mg	Sodium: 177.1mg	Potassium: 120.49mg
Fiber: 4.25g	Sugar: 30.89g	Vitamin A: 111.51IU	Vitamin C: 2.5mg
Calcium: 96.51mg	Iron: 3.63mg		