

“ROSCÓN DE REYES” (Epiphany Ring)---SPAIN –C.E.I.P Manuel Vidal Portela

This recipe needs two steps: pre-ferment and dough. Ingredients are specified for each step. It takes a long time as the dough must rest for some hours before being cooked in the oven but it's worth it!!!

INGREDIENTS

1-Pre-ferment

70 g fresh milk
10g Fresh yeast
130 g bread flour

2-Dough

450g of flour
120g of sugar
a pinch of salt
20g fresh yeast (crashed between your fingers before being added)
60g fresh milk

**1 lemon and 1 orange peel.*

(These can be used in two different ways: lemon and orange zest or they can be added to milk and boil them to get its flavor and then discard them leaving the milk to cool before adding the rest of the ingredients)

70g butter
2 eggs
30g flower blossom essence

Decoration

1 beaten egg, dried fruits and sugar

KITCHEN UTENSILS

A big bowl
Oven tray and baking paper
Kitchen brush
Kitchen cloths or transparent film

INSTRUCTIONS

1-Pre-ferment

Dissolve the yeast in warm milk with sugar and mix with the flour.
Form a ball and leave it in a warm place for about 1 hour.

2. Dough

Mix pre-ferment, flour, eggs, sugar, salt and the yeast in a bowl.
Then, add the milk and flower blossom essence little by little until the dough becomes homogeneous and not too liquid.
Finally, add the butter in small pieces and mix well.
Then, knead the dough until it becomes smooth and elastic and it doesn't stick to your hand too much.
Leave it in a big bowl (two or 3 times the dough size) sprinkled with a little bit of flour for about 2-3 hours covering it with a table cloth.
Once it's twice its volume, knead it gently to remove the air and form a ball.
Make a hole in the middle using your hands for the "ring" shape.
Paint the ring with beaten egg using a kitchen brush and decorate it with dried fruits.
Put it in a baking tray with a piece of baking paper with some butter over it.
Cook at 180° (oven should be preheated) for about 30 minutes.

This video shows you instructions to do it.

<https://youtu.be/Qrs3md2K3p4?list=UUAD4eYtIdRd0oTDan7o5www>