

Bolo-Rei



The King's Cake

Traditional Portuguese sweet bread, with candied fruit, walnuts, hazelnuts and pinions, eaten at Christmas. There is a broad bean, usually large fava bean, and a coin placed inside the Bolo Rei. It is said that whoever wins the coin is said to be blessed with good luck.



A symbol of Christmas in Portugal



How to make it

Ingredients

Yeast

25g active yeast

2 tsp granulated sugar

100g all purpose flour

75ml warm water

Dough

250g finely chopped assorted crystallized fruit

100g seedless raisins

1 tsp finely grated lemon rind

1 tsp finely grated orange rind

2 tablespoons port wine

1 tablespoon rum

150g butter

150g granulated sugar

3 eggs

2 egg yolks

600g all purpose plain wheat flour

75ml warm milk

50g chopped almonds

50g chopped walnuts

25g pine nuts

a dried broad bean (fava) wrapped in greaseproof paper (optional)

a small coin or other trinket (wrapped in greaseproof paper (optional)

Topping

Candied fruit of your choice, such as pineapple, cherries, or figs

1 egg

Icing sugar



1. Prepare the Yeast mixture

In a small bowl mix together the yeast, sugar and flour and warm water to create a smooth dough. Cover and set aside to rise in a warm place for about 30 minutes or until it has doubled in size

2. For the Dough

In another bowl add the chopped candied fruit, raisins, grated lemon and orange peel, port wine and rum. Leave the fruit to soak up the liquid while you prepare the dough.

In a large bowl beat the butter and sugar together with an electric mixer until smooth and creamy. Beat in the eggs and egg yolks one at a time, adding a little of the flour now and then if you feel the mixture will curdle. Using a spoon, gradually beat in half of the remaining flour and the milk.

Then add the yeast mixture to the dough making sure it is evenly blended together.

Add the almonds, walnuts and pine nuts and the candied fruit mixture.



Lightly mix in as much of the remaining flour as you need to create a sticky bread like dough and until all the fruit and nuts are evenly covered by the dough.

Cover and leave to rise in a warm place for about one hour or until it has doubled in size.

Take the dough and knead for about one minute, then shape into a round loaf and place on a greased baking tray.



Using your thumbs, open up a hole in the middle of the dough so that you are left with a wreath shape, or crown, about 25cms wide. You can grease a small empty food jar with vegetable oil and place it in the middle of the wreath to keep the hole open while you work on the topping.



Make a hole with a knife on one side of the wreath and push the wrapped broad bean into the dough. Choose another spot on the wreath, make a hole with the knife and push the wrapped coin into the dough.



Topping

Decorate the wreath with a few candied fruits. Beat the egg and brush over the wreath. Cover and let rise in a warm place for about one hour or until it has doubled in size. Remove the food jar and bake in a preheated oven at 190 degrees C for about 40 minutes or until golden brown. Cool and dust with icing sugar.



**And this is the
result of our work:**

Superb Bolos-Rei



Our sincere thanks to Chef Brito, our amazing cooking / baking teacher, and his fabulous class, CEF Bakery Class.