



Three Kings Cake

Total Time: 4 hours

Servings: 25 Slices

Dough

- 1 cup whole milk
- ¼ cup salted butter
- ⅔ cup warm water (105–110 degrees)
- ½ cup granulated sugar + 1 tablespoon
- 1 Tablespoon active dry yeast
- 2 large eggs, beaten well
- 2 teaspoons vanilla extract
- 5 to 6 cups all-purpose flour spooned & leveled

Cinnamon Filling

- 1 cup brown sugar
- ⅓ cup granulated sugar
- ½ cup all-purpose flour (68g)
- 2 tablespoons ground cinnamon
- 4 tablespoons salted butter, melted

Notes:

I use my kitchen aid mixer for this recipe most of the time, but I have always achieved the same results with hand kneading. Every time I have used Instant Active yeast the end result has been denser and less sweet, even with adjusted proofing times. Add your flour slowly, depending on the humidity and temperature you might not need the full six cups. Most of the time I only use 715 grams of flour to make this recipe in South Georgia. Have some grace for yourself, this recipe can be tricky, but it will always taste good!

1. Heat milk and butter in microwave-safe bowl for 60–90 seconds (120°–130°F) and set aside to cool
2. Combine warm water, 1 tbsp sugar, and yeast in a separate bowl. Let sit for 5–10 minutes until foamy. Do not rush this step, let her fluff all the way up!
3. Add milk mixture, remaining sugar, eggs, vanilla, and 1 cup flour to yeast mixture. Mix well.
4. Gradually add remaining flour while kneading with dough hook attachment until dough forms and pulls away from bowl.
5. Knead for 5 minutes on medium speed or 8–10 minutes by hand until soft dough forms.
6. Turn out dough onto floured surface, knead briefly until smooth ball forms. This dough should not stick to the sides of your bowl, or whatever surface you are kneading on. Use the windowpane test to determine if the dough is ready.
7. Clean & lightly oil bowl, return dough, cover with plastic wrap or warm damp rag, and let rise in warm place for 1–2 hours until doubled in size.
8. While your dough is proofing, make the cinnamon filling. Mix brown sugar, granulated sugar, flour, cinnamon, and butter. Set aside. Halve the filling to make two king cakes for this recipe.

Assembly

1. Line two baking sheets with parchment paper.
2. After dough doubles in size, punch it down and divide in half. Roll out one half into a 10x16-inch rectangle on floured surface.
3. Divide dough lengthwise into three rectangles.
4. Crumble or spread filling evenly over each rectangle.
5. Roll up (this is a little messy, don't worry if it's not perfect) each rectangle into cylinders, then braid together into rope braid.
6. Transfer to baking sheet, shaping into ovals and pinching ends.
7. Repeat with remaining dough and filling.
8. Cover with plastic wrap and let rise for 30–45 minutes.
9. Preheat oven to 350°F.
10. Brush roll with egg wash before placing in the oven.
11. Bake for 25–30 minutes until golden brown and internal temperature reaches 190°–195°F.
11. Cool completely before frosting.