

Pistachio orange blossom king cake

Cuisine: **French**
Food category: **Pastry**



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Company: **Retigo**



Program steps

Preheating:

200 °C

1

Hot air

100 %

Termination by time

00:35 hh:mm

180 °C

100 %

Ingredients - number of portions - 8		
Name	Value	Unit
puff pastry	2	pcs
Egg (for egg wash)	1	pcs

Pistachio frangipane		
Name	Value	Unit
butter soft	110	g
Pistachios	75	g
almond flour	25	g
powdered sugar	110	g
orange blossom water	10	g
salt	5	g

Nutrition and allergens	
Allergens: 1, 7, 8, A, nuts Minerals: Ca, Calcium, Co, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Sodium, Zinc, Zn Vitamins: A, B, C, D, E, Folate, K, Thiamine, Vitamin B6, Vitamin E	
Nutritional value of one portion	Value
Energy	228.7 kJ
Carbohydrate	16.6 g
Fat	17.3 g
Protein	2.5 g
Water	1.5 g

Directions

- Grind the green pistachios into coarse powder. Add the sugar, almond flour, softened butter and mix.
- Incorporate the eggs one by one. Finish with the orange blossom water and the salt. Set aside.
- Roll out a disc of puff pastry on a baking sheet lined with parchment paper. Spread the frangipane, leaving a 2 cm border. Slip the fève into the frangipane.
- Lightly moisten the edges of the dough with water. Cover with the second disc of dough, sealing the edges well by pressing with your fingers. Using the tip of a knife, draw patterns on top (diamonds, crosses, etc.).
- Beat the remaining egg yolk and brush it over the top of the galette. Bake for 30 to 35 minutes, until it is golden brown.