

ROSCÓN DE REYES

(KING'S RING CAKE)

without galactose



Carbohydrate controlled diet

Kcal Hypercaloric



Party dish



Username: Fina Castells



METHOD

- Pulverize the sugar until it is a fine powder, add the peels and blend finely.
- Add the vegetable beverage and the margarine, mix at a high speed for about a minute. Add the egg yolks, the yeast and the orange blossom essence and mix for a few seconds.
- Finally, add the salt and the flour while mixing on a high speed.
- Knead gently until you get a smooth dough. You can do this by hand. If it sticks to your fingers, add a drop or two of oil. Let the dough rest in a bowl, cover it with a towel and let it rise for about two hours, or until the dough has doubled in size. When it is ready, knead by hand for a few seconds to get a smooth ball. (If you need to, you can add a little flour to work the dough better.
- Put the dough on an oven tray, spread with a bit of oil. Give it the shape of a ring by making a hole in the middle of the ball and pull it wider slowly, until you get the desired shape.
- Paint with egg and decorate with candied fruit or sugar. Sprinkle with a few drops of water.
- Let the dough rise until it doubles again and put it in the oven, previously pre-heated to 180°. Put a glass of water in the centre. Let it cook for 20-25 minutes, until golden. If it is getting too dark, cover it with aluminium foil.

INGREDIENTS

RECIPE FOR 8-10 PEOPLE

- 70 g sugar
- Lemon and orange peel
- 100g of vegetable beverage (eg. oats or rice)
- 70g 100% vegetable margarine
- 3 egg yolks
- 40g compressed yeast
- 20g orange blossom essence
- 400 - 450g fortified flour, pre-measured
- A pinch of salt

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 6.21g (Kcal 9%)
- Lipids total (g): 8.6g (Kcal 28%):
- Carbohydrates (g) 42.3 g (Kcal 61 %)
- Energy (Kcal): 274
- Polyunsaturates (g): 2.3



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Translation

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