



Sugar Crusted Breton Butter Cake

 Vegetarian

READY IN



200 min.

SERVINGS



14

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 8 tablespoons best-quality butter unsalted cut into pieces (1 stick)
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 egg white
- ☐ 2.3 cups flour
- ☐ 0.5 ounce yeast fresh
- ☐ 1 pinch salt
- ☐ 1 cup strawberries
- ☐ 0.3 cup sugar

- ☐ 0.5 cup caster sugar
- ☐ 0.3 cup warm water
- ☐ 1 teaspoon water
- ☐ 10 tablespoons water lukewarm

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cake form

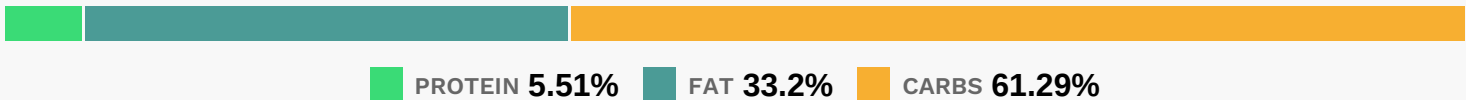
Directions

- ☐ In a medium bowl, dissolve the yeast in the warm water. When dissolved, mix in 1/2 cup of the flour with your fingers, rubbing them together to break up any lumps. Cover with a barely dampened towel and let rise in a warm place until doubled in bulk, about 30 minutes. Meanwhile, in a large bowl, combine the remaining 1 3/4 cups of flour and the salt.
- ☐ Add the yeast mixture and mix together with the tips of your fingers. Gradually sprinkle in the lukewarm water, mixing with your fingers to make a pliable dough. If the water is all mixed in and the dough still seems dry, add another tablespoon of water. Knead until smooth, about 4 minutes. Return the dough to the large bowl, cover with the damp towel, and let rise in a warm place until doubled in bulk, about 1 hour. Turn the dough out onto a floured work surface and dust the top with flour.
- ☐ Roll into a rectangle about the same size as a sheet of paper (8 1/2 by 11-inches). Turn the rectangle so that it is vertical to your body. Dot the lower 2/3 of the dough with the pieces of butter and sprinkle with sugar. Working as though you are folding a letter, and folding the top down first, fold the dough in thirds.
- ☐ Roll out the folded dough into a rectangle, 8 1/2 by 11 inches. Fold in 3 again in the same way, cover with the damp towel, and let rest 15 minutes.
- ☐ Roll into a rectangle again, fold in 3, cover with the damp towel, and let rest 15 minutes. One last time, roll into a rectangle, fold in 3, cover with the damp towel, and let rest 15 minutes.

Preheat the oven to 400-degrees F. Butter and flour a 9-inch cake pan.

- ☐ Roll the dough into a circle about 9 inches in diameter.
- ☐ Transfer to the prepared pan. Using a sharp knife or razor blade, make a cross-hatch pattern across the top of the cake (like a tic-tac-toe board).
- ☐ Bake for 20 minutes, brushing the top every 5 minutes with the melted butter that oozes out from the cake.
- ☐ Sprinkle with the confectioners' sugar and continue baking (do not baste) until golden brown on the top but still moist inside, about 10 minutes more.
- ☐ Let cool on a rack until the crust is caramelized and slightly crispy. Wash strawberries in cold water, allow the berries to drain.
- ☐ Combine the egg white and water and foam up mixture with a whisk. Dip the strawberries in the foam and then dip in superfine sugar. Arrange the frosted strawberries in the center of the cake.
- ☐ Serve at room temperature or slightly warm, cut into wedges.
- ☐ *RAW EGG WARNING
- ☐ Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs due to the slight risk of Salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly-refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:18.8, Inflammation Score:-3, Nutrition Score:4.1182608163875%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.56mg, Pelargonidin: 2.56mg, Pelargonidin: 2.56mg, Pelargonidin: 2.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 181.65kcal (9.08%), Fat: 6.77g (10.42%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 27.31g (9.93%), Sugar: 12.39g (13.76%), Cholesterol: 17.2mg (5.73%), Sodium: 8.91mg (0.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin B1: 0.18mg (11.98%), Folate: 47.51µg (11.88%), Selenium: 7.51µg (10.73%), Manganese: 0.18mg (8.99%), Vitamin B2: 0.13mg (7.49%), Vitamin C: 6.05mg (7.33%), Vitamin B3: 1.36mg (6.78%), Iron: 1.02mg (5.65%), Vitamin A: 201.15IU (4.02%), Fiber: 0.83g (3.32%), Phosphorus: 29.81mg (2.98%), Copper: 0.04mg (2.02%), Zinc: 0.27mg (1.78%), Magnesium: 6.71mg (1.68%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.23mg (1.52%), Potassium: 48.97mg (1.4%)