

Pistachio King Cake 100%

Ingrédients

- 500g of T55 flour
- 50g of melted butter
- 10g of salt
- 250g of water
- 325g of butter
- 10 minutes before the end of the resting time of the détrempe, take the butter out of the refrigerator. Hit the butter with the rolling pin several times to obtain elastic butter but not soft or warm. The butter should be soft, shiny, and elastic but not sticky.
- 25g of egg
- 10g of egg yolk
- 30g of brown sugar
- 30g of cornstarch
- 80g of whole liquid cream
- 80g of whole milk
- 1 vanilla pod
- 15g of butter
- 100g of pistachio powder
- 100g of icing sugar
- 100g of softened butter
- 2 eggs
- 20g of flour
- 1 egg and a spoon of liquid cream for the glaze
- 85g of chopped pistachios

Préparation

1. Second galette of this year 2026, a 100% pistachio galette; the pistachio log being one of your favorites every year, I thought a recipe for a king cake with a pistachio frangipane would please you too!
2. You will find below the recipe for the puff pastry (classic here, but you can also make inverted puff pastry or use store-bought pastry, in which case try to find one that is pure butter and thick enough) as well as the recipe for the pistachio frangipane of course.
3. Ingredients :I used pistachios from Koro: code ILETAITUNGATEAU for 5% off everything on the site (non-affiliated).
4. Equipment :I used a rolling pin with adjustable rings, to have a well-homogeneous puff pastry of equal thickness over the entire surface: mine comes from Guy Demarle, with the referral code FLAVIE10, you get 10 off your first order.
5. Place the water, the previously melted butter, and the salt in the bowl of the mixer fitted with the hook.
6. Then add the flour, and knead on speed 1 for 1 to 2 minutes.
7. Stop kneading as soon as the dough is homogeneous; if you knead too long, the dough will become elastic.
8. Flour the work surface, place the détrempe on the work surface and form a ball.
9. Lightly roll it out to obtain a small rectangle, then wrap it in plastic wrap and place it in the fridge for at least 30 minutes.
10. 10 minutes before the end of the resting time of the détrempe, take the butter out of the refrigerator.
11. Hit the butter with the rolling pin several times to obtain elastic butter but not soft or warm.
12. The butter should be soft, shiny, and elastic but not sticky.
13. Place the butter in the center of a sheet of parchment paper and fold it to form a small rectangle.

14. Roll out the butter in this "envelope" of parchment paper to obtain a homogeneous thickness, then place it in the refrigerator with the détrempe so that they are at the same temperature.
15. Then, roll out the détrempe so that it is the same length and twice as wide as the butter.
16. Place the butter in the center of the détrempe, and fold the détrempe to enclose the butter, being careful not to trap any air bubbles between the butter and the dough.
17. Seal the two elements by pressing down with the rolling pin.
18. Then, roll out the dough (if necessary, remember to flour the work surface).
19. The dough should be between 3 and 4 times longer than wide.
20. Then remove the flour with a brush, then make a double turn: fold a little of the bottom of the dough up, then the top of the dough down (the place where the two meet should not be in the middle, but in the lower half of the dough).
21. The edges should meet properly; you can pull a little on the dough to have edges that meet well, but without overlapping.
22. Then, fold the dough in half, then turn the dough a quarter turn, so that the opening is on the right side (like a book).
23. Seal the top and bottom of the dough by pressing lightly with the rolling pin.
24. If the dough is still cold and has the right consistency, you can proceed with the second double turn; otherwise, wrap it and place it in the fridge for 30 minutes before continuing.
25. After the second double turn, wrap the dough and leave it in the refrigerator for at least 30 minutes.
26. After resting, make two more double turns (same as the first time; if you feel that your dough has warmed up, that it sticks, or any other problem, you can put it back in the fridge for a few minutes between the 3rd and 4th double turns).
27. Once the last double turn is done, wrap the dough and leave it in the fridge for a minimum of 3 hours.
28. Whisk the egg, egg yolk, and sugar.
29. Add the cornstarch, mix well.
30. Heat the milk and cream with the vanilla pod.
31. Pour the hot liquid over the eggs, then return everything to the saucepan and thicken over medium heat while stirring constantly.
32. Off the heat, add the butter, mix well, then wrap the cream in contact and let it cool completely in the refrigerator.
33. Mix the softened butter with the icing sugar, pistachio powder, and flour.
34. Add the eggs one by one.
35. Pistachio frangipane : The pistachio cream The pastry cream A few whole pistachios Mix the pastry cream with the pistachio cream.
36. If, like me, you prepare the filling in advance and want to freeze it, spread the frangipane in a 24cm circle, place your fève and smooth the surface, then add whole pistachios before placing everything in the freezer.
37. Otherwise, you can also pipe the frangipane onto the puff pastry if you want to prepare it on the day.
38. Cut two pieces of puff pastry of 250 to to make the galette.
39. Roll out the pastries to a thickness of 2 to 3mm (maximum 4mm if you want a thicker puff pastry, but not thicker than that or the pastry will not cook properly).
40. The circles of dough should be about 27-28cm to allow for proper sealing and cutting.
41. Place the disk of frozen frangipane in the center of a circle of puff pastry (or pipe it, not forgetting the fève) and spread a little water around the edges of the dough with a brush.

42. Cover with the second circle of puff pastry, and press lightly on the edges to seal the two pastries.
43. Place everything in the refrigerator or freezer for at least 1 hour.
44. Then, cut the galette into its final shape (so a circle of about 26cm) with a cutter or a very sharp knife to avoid crushing the puff pastry.
45. Turn the galette over to have the flat side on top.
46. Whisk the egg with the cream for the glaze.
47. Using a brush, spread a first layer of glaze on the galette.
48. Let it "crust" for at least 30 minutes, then spread a second layer of glaze and let it rest for another 30 minutes.
49. Then, using the tip of a knife, you can decorate your galette; this is not necessary if, like me, you cover it with pistachios after baking.
50. Pierce a few small holes on the surface of the galette to allow steam to escape during baking.
51. Place the galette on a perforated baking sheet lined with parchment paper and bake it in the preheated oven at 180°C for 30 to 40 minutes.
52. Let it cool on a rack, then you can prepare a syrup (of water for of sugar brought to a boil), brush it over the entire galette, and immediately stick the chopped pistachios on top before enjoying!