



## Stevia Recipes

### King's cake without King

Suitable for diabetics

#### Ingredients

- Dough 1: 10 g of active dry yeast  
75 g of filtered water  
150 g of unbleached flour
- Dough 2: 0,24 g of GLYCOSTEVIA-R60  
20 g of salt  
150 g of filtered water  
Grated rind of a mandarin  
2 eggs  
400 g of unbleached flour  
100 g of spelta flour  
50 g of butter
- Filling: 2 sweet potatoes  
150 g of hazelnut powder  
100 g of grated coconut  
0,3 g of GLYCOSTEVIA-R60

Other: dried apricots, prunes.



#### a. Fermentation:

*It releases lactic acid production which is responsible of a complex and pleasant aromatic range that prolongs life of the fermented product .*

#### b. Elasticity test:

*With great care, take a piece of dough and stretch it with your fingers until it is a translucent and smooth film. That is the point to follow to the next step.*

#### c. Wet fermentation:

*Put in the oven a pot with boiling water and leave the cake for 1 hour approx., or until it double its volume.*

#### Preparation

Cream of sweet potatoes, hazelnuts and coconut: Roast entire sweet potatoes in the oven until their cooking, peel and clean them. Add hazelnut, coconut and GLYCOSTEVIA-R60. Grind up until obtaining a like-marzipan pastry. Let it still in a cold place.

Dough 1 (mother dough):

1. In a bowl, mix active dry yeast with water by hand until we notice that the yeast is completely dissolved. Blend with your hands.
2. Add the flour.
3. Knead until we obtain an homogeneous pastry.
4. Cover the pastry with a dishcloth, leave in a warm place, with no draughts, at approx. 22 °C for 12 hours. A switched off oven can be a good place<sup>(a)</sup>.

Dough 2:

1. Put GLYCOSTEVIA-R60 and salt on the working table or in the dough kneading machine, and dissolve them in water . Add grated mandarin, the egg and the flour.
2. Mix the ingredients to amalgamate them and add the mother dough.
3. Knead to obtain a well elastic pastry<sup>(b)</sup>.
4. Add butter (at room temperature), knead again to integrate butter in the dough completely.
5. Cover and stand the set for 1 h, until it double its volume.
6. Stretch the dough with a rolling pin on the worktop.
7. Put the sweet potato cream over and roll the dough, sealing the filling.
8. Paint the cake with a mixture of egg and milk. Add dried apricots and prunes.
9. We let ferment the third time. The ideal would be a wet fermentation<sup>(c)</sup> .
10. Cook at 230° for 20 minutes.

**Difficulty:** High

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