

Cream-Filled Yeast Coffeecake

Bakers Banter 2013

<http://www.kingarthurfLOUR.com/recipes/cream-filled-coffeecake-recipe>



Great story online about the origin.

DOUGH:

- 1/2 cup sugar
- 1/2 teaspoon salt
- 3/4 cup milk
- 1/4 cup unsalted butter, soft
- 2 tablespoons cold water
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon instant yeast
- 2 1/2 cups all-purpose flour
- 1 1/2 cups all-purpose flour, maybe using another 1/4 cup

TOPPING:

- 1/3 cup brown sugar
- 1/4 cup unsalted butter, soft
- 1 pinch salt
- 1 teaspoon ground cinnamon
- 3/4 cup all-purpose flour

FILLING (my advice: triple the filling):

- 1/4 cup all-purpose flour
- 3/4 cup milk
- 1/2 cup unsalted butter (8 tablespoons)
- 1 teaspoon vanilla extract
- 3/4 cup confectioners sugar, sifted

Breads

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 20

This recipe is recreated from the archives of Doris Knutson, who was famous in Wisconsin for her cream-filled creations. She was asked many times to share her recipe and always declined. Her family gave out the formula at her funeral. We've tested and tweaked, and along the way discovered that Doris was, indeed, a master of her craft. This is a light cake with delicious filling and a sweet, crunchy top.

TIPS from King Arthur bakers: (1) If you'd like to have two smaller coffeecakes (one to give, or one to freeze), leave the dough recipe as is; multiply the topping and filling ingredients by 1 1/2, and divide the dough between two 8" round pans. The baking time will be about 5 minutes shorter. (2) Be careful combining the two parts of the filling. Whisk together gently, just until they're mixed. Whipping vigorously at this point will make the filling appear curdled. It will still taste great, it'll just be a little raggedy-looking. (3) This coffeecake freezes very well with no fuss. Finish the recipe all the way, including filling the cake, then put it in a cake carrier and freeze for up to 2 weeks.

1. DOUGH: In a large bowl or the pan of your bread machine, combine the sugar and salt. Heat the milk and butter together until the butter is melted, and pour over the sugar and salt. Stir until the sugar dissolves. Add the water, eggs, and vanilla, stirring to combine. Let the mixture rest until it cools to lukewarm. Stir in the yeast and the 2 1/2 cups flour. Cover and let rest for 30 minutes.
2. Add the additional 1 1/2 to 1 3/4 cups flour; start with the smaller amount and see how the dough behaves, adding 1/4 cup more if it's still very sticky. Mix and knead for 6 to 8 minutes at slow to medium speed with your mixer; or use the dough cycle on your bread machine.
3. The dough will be soft, smooth, and silky; perhaps just slightly sticky to the touch. Cover the dough and let it rise in a warm place for 1 1/2 hours, until puffy-looking and almost doubled. Or let your bread machine finish its cycle.
4. TOPPING: Combine the brown sugar, butter, salt, cinnamon, and flour, mixing with a fork or your fingers until crumbs form. Set aside.
5. To shape and bake the cake: Deflate the dough, round it into a ball, and place it into a greased 10" springform pan. Cover with greased plastic or a large inverted bowl until the dough domes an inch above the rim of the pan, about 45 minutes. While the dough is rising, preheat the oven to 350°F. When the dough is ready, sprinkle it with the topping (some will slide down). Bake the cake for 45 to 50 minutes, until a paring knife inserted into the center comes out clean. Remove the cake from the oven and cool it in the pan on a rack for 10 minutes before tilting it out of the pan and returning it to the rack to cool completely.
6. FILLING: Because this is a bread (not a sweet cake-type coffeecake) it needs more moisture - I recommend tripling the amount of filling, cutting it into 3 layers and using, then, more filling in between the 2 layers.) While the cake cools, put the flour in a small saucepan. Add the milk a little at a time, stirring to make a smooth mixture. Use a wire whisk to make sure you don't have lumps, and keep using it when you're cooking it. It takes very little time to get to a thick gravy-consistency.
7. Cook the flour and milk over medium-low heat until the mixture thickens. Remove from the heat and cool. In a small mixing bowl, beat the butter and confectioners' sugar together until light and fluffy. Add the vanilla, then whisk into the flour/milk mixture.
8. To assemble: Split the cooled cake horizontally, and spread the filling on the bottom layer. Replace the top and refrigerate the cake until 30 minutes before serving.

Yield: 1 large coffeecake

Per Serving (excluding unknown items): 263 Calories; 11g Fat (36.4% calories from fat); 5g

Protein; 37g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 79mg Sodium. Exchanges: 1
1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.