

Kings Cake

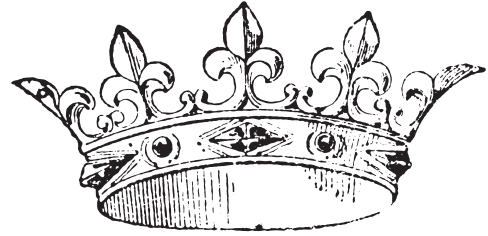
*Submitted by Kathleen Powers, Nativity Catholic Church
Recipe by Sister Celine Arrigo, CSJ*



INGREDIENTS:

For the Cake:

- 4 cups flour
- 2 tablespoon sugar
- 1 teaspoon salt
- 1 pkg dry yeast
- Scant 1/2 teaspoon nutmeg
- 1/2 cup milk
- 1/2 cup water
- 1/2 cup butter or margarine
- 1 egg at room temperature
- 1 teaspoon each vanilla, lemon and almond extracts



For the Icing:

- 1 box of confectioner's sugar
- 1/3 cup milk
- 1 teaspoon each of vanilla, lemon and almond extracts
- a shake or two of nutmeg
- Sugars/sprinkles colored purple, green and yellow

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DIRECTIONS:

In large bowl, combine 1 cup flour, and the sugar, salt and dry yeast.

In 2 quart saucepan over low heat, heat the water, milk and 1/4 cup butter until mixture is very warm but you can still hold your finger in it (not too hot). Butter needs not melt completely.

With mixer at low speed, gradually pour liquid into dry ingredients, beat until just mixed, then at medium speed for 2 minutes, scraping bowl with rubber spatula.

Beat in the egg and 1/2 cup flour. Continue beating 2 minutes, scraping bowl occasionally.

With spoon, stir in enough flour, about 1 1/2 cups to make a soft dough.

Add all flavorings and mix well.

Turn dough onto floured surface and knead until smooth and elastic (about 8 minutes) adding more flour while kneading.

Round up dough and place in a greased bowl, turning dough over to grease the top.

Cover with a towel and let rise in a warm place, free from draft for about 1 hour.

Divide dough into six pieces. On lightly floured surface, roll each piece of dough till about the thickness of a pencil. Use three pieces to make a plait, then make a circle of the plait and place on a well greased pan. Do the same with the three remaining pieces of dough.

For frosting, mix all ingredients together.

Bake at 375 degrees about 15-20 minutes or until lightly browned. When cooled, add frosting and sprinkles.

NOTE:

“King Cakes are a tradition celebrating the visit of the 3 Kings and carried on until the start of Lent. The tradition holds that a bean later replaced by a plastic baby (which was to signify the Baby Jesus) be placed in the cake. Whoever gets the baby wither hosts the next party or provides the next cake. The colors of the sugars represent Justice (purple), Faith (green) and Power (yellow/gold).”

~ Kathleen Powers