

Le Jour de l'An/ La fête des Rois

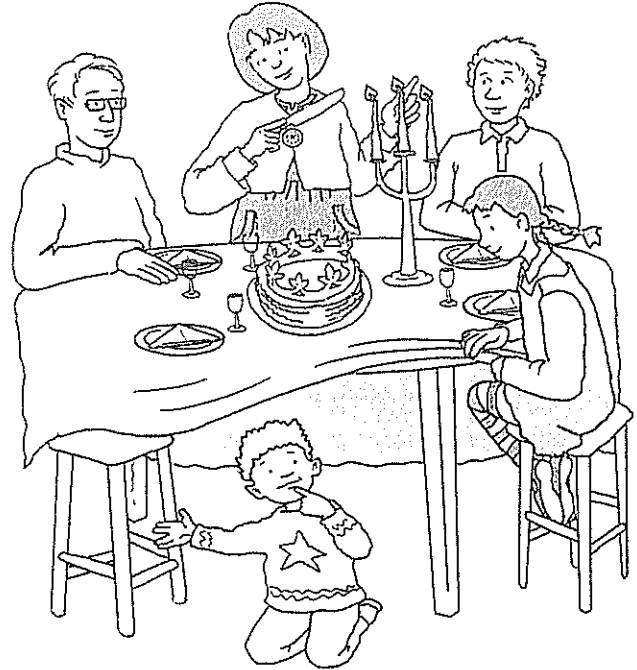
New Year's Day/ Epiphany

Background information

French people usually spend *Le Jour de l'An* (New Year's Day) 'en famille', celebrating with their family, wishing each other 'bonne année' (Happy New Year).

La fête des Rois (Epiphany or King's/Queen's Festival) takes place on the first Sunday in January. It is often celebrated with family. *Une galette* is a round cake which has a small object hidden inside, called *une fève*. It is served with a paper crown on the top. *Une fève* means 'a broad bean' and traditionally dried beans were used. Nowadays *la fève* is usually a ceramic charm placed discreetly in the galette. The person who finds *la fève* has won and has to wear the crown, becoming King or Queen.

Usually the youngest person in the family, hides under the table and says who is going to have which piece of the cake, so there is no cheating! The cake is divided into enough pieces for everyone, plus one extra called 'la part du pauvre'.



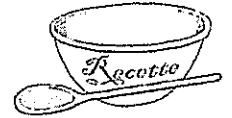
One of the origins of *la galette des Rois* dates back to the 11th Century when monks elected their future leader by placing a silver coin in a loaf of bread. This custom then spread to other monasteries.

La fête des Rois commemorates Twelfth Night when the Three Kings arrived in Bethlehem bearing gifts for baby Jesus. In the 1960s ceramic figures started to replace the traditional dried bean, encouraging you to buy and collect more charms. Today, you can collect sets of charms, even Disney-themed ones.

You can buy *galettes* in every *boulangerie* (bakery) throughout the month of January.

The *galette* should be served warm, with a very dry white wine or champagne (for adults only!).

La galette des Rois



Ingrédients

500 g de pâte feuilletée
 1 haricot sec ou un bonbon mou
 1 œuf
 175 g de pâte d'amande
 1 couronne en papier

Instructions

- ◆ Préchauffez le four à 200°C/425°F.
- ◆ Graissez du papier sulfurisé.
- ◆ Étalez la pâte sur 20 cm.
- ◆ Étalez la pâte d'amande sur la pâte feuilletée.
- ◆ Mettez le haricot n'importe où sur la pâte.
- ◆ Battez l'œuf et étalez-le avec un pinceau à l'extérieur de la pâte.
- ◆ Étalez une nouvelle pâte sur 20 cm. Placez-la sur la pâte d'amande.
- ◆ Pressez les bords ensemble. Marquez la couche supérieure. Dorez avec l'œuf.
- ◆ Faites cuire au four pendant 25 minutes.
- ◆ Servez avec la couronne au-dessus.

