

## Baking Easter Bread

This is from an old Carmelite recipe. As you can see, it makes enough bread to share with the extended family and neighbors!

### Recipe

#### Bowls and Pans:

8 loaves, pan size 9"x 5"x 3"                      Grease bread bowl and pans.

#### Ingredients:

1 qt. milk, scalded  
3 ½ tablespoons salt in mixer, add milk when butter is melted.

#### Combine:

3 tablespoons sugar    ½ cup warm water    ½ cup sugar  
3 envelopes yeast    ¾ lb. butter melted in milk

#### Add:

2 ½ cup cold water    12 beaten eggs    8 quarts flour

### Instructions for Baking Easter Bread

In large mixing bowl put butter and scalded milk to melt butter. Then add the sugar and salt. To this mixture add cold water, then beaten eggs and mix well. Next, add yeast mixture and almost all of the flour. Mix well and add remaining flour. When mixed, let rise 1 ½ hours, punch well the air out of dough and let rise ½ hour more. Form into loaves in pans, mark with a cross and let rise another hour. Turn on ovens, wait another ½ hour or until loaves are doubled in size. Bake at 350 degrees for 55 minutes or until golden brown. Butter crust when take out of oven. Have the best ones blessed!

To make a cross design in the loaves, after loaf is formed, before it rises, put the prongs of a table fork in about an inch down the length of the loaf and then across, keep poking until you have a cross.

## Refrigerator Roll Dough

### Recipe

2/3 cup sugar	2/3 cup shortening
2 eggs	1 1/2 teaspoons salt
6 to 7 cups all-purpose flour	1 package active dry yeast
1 1/2 cups warm water (105 to 110 degrees)	
1 cup unseasoned lukewarm mashed potatoes	

Dissolve yeast in warm water in large bowl. Stir in potatoes, sugar, shortening, eggs, salt and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic, about five minutes. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least 8 hours but no longer than 5 days. Punch down dough; divide into 4 equal parts.

# Carnival and Mardi Gras

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In New Orleans, the celebration of Mardi Gras actually begins the Friday before Epiphany with a party at which is served a "Kings' Cake." A small plastic statue of a baby is hidden within the batter before baking. The special cake is decorated with purple, green and gold frosting. A highlight of the party is the serving of the cake. All the cake is eaten, and whoever finds the plastic statue in their piece hosts the next party which is scheduled the following Friday. These weekly parties continue until Fat Tuesday. Bake a "King's Cake" for Mardi Gras. A walnut can be used in place of the statue. When you serve the cake, award a small prize to the person who finds the hidden walnut in their piece.

## Favorite Foods!

Have every family member name all of the favorite foods they would want to eat before they began a fast. Classify these food into categories—such as vegetables, desserts, breads and pastas, meats, fruits, etc. Then, as a family create Carnival Menus for the weeks before Ash Wednesday by plugging the various foods into the categories and creating meal plans. Every week, share a family meal which combines some of the favorite foods of family members. Include "junk food" favorites here and there during Carnival as treats and special snacks. Close these evenings by playing a favorite family game.

## Bake a King's Cake!

### ***Ingredients***

½ cup warm water	2 packages dry yeast
2 teaspoons sugar	4 to 5 cups flour
½ cup sugar	2 teaspoons salt
1 teaspoon nutmeg	1 teaspoon grated lemon rind
½ cup warm milk	½ cup butter melted and cooled
5 egg yolks	½ cup finely chopped candied citron
1 pecan half	purple, green and gold sugar crystals

### ***Glaze***

2 cups powdered sugar, sifted    2 tablespoons lemon juice  
1 tablespoon + 2 teaspoons water

### ***Directions***

Combine ½ cup warm water, yeast, and 2 teaspoons sugar in a small bowl. Mix well. Let sit for 10 minutes. Combine 4 cups flour, ½ cup sugar, salt, nutmeg and lemon rind, add warm milk, butter, egg yolks and yeast mixture. Beat until smooth. Place dough on lightly floured board and knead in enough of the remaining cup of flour so that dough is no longer sticky. Continue to knead dough until elastic and smooth (about 10 minutes). Place dough in greased bowl, cover with a damp towel, and allow to rise until doubled in bulk (about 1 ½ hours). Place dough on lightly floured surface, punch down. If desired sprinkle on citron and knead until citron is evenly distributed. Shape dough into a 30-inch cylinder. Put a well-greased 2 lb. Coffee can in the center of a buttered baking sheet; form cylinder of dough around the coffee can into a ring. Pinch ends together to seal. Gently press pecan half into the dough from the bottom making sure that it is completely surrounded by dough. Cover and let rise until doubled in bulk (about 45 minutes) then bake at 350 degrees about 30 minutes or until golden brown. Remove coffee can at once and allow cake to cool. When completely cooled make glaze by combining powdered sugar, lemon juice, and water and stirring until smooth. Drizzle over cake and sprinkle with sugar crystals.