

# Make a King Cake or Paczki and celebrate Fat Tuesday

See related story in Taste front.

**KING CAKE**

4 3/4 cups all-purpose flour  
1 cup sugar  
1 1/2 teaspoons salt  
2 packages RapidRise Yeast  
3/4 cup milk  
1/2 cup water  
1/2 cup butter or margarine  
2 large eggs  
1/4 cup melted butter or margarine  
1 tablespoon ground cinnamon

Powdered sugar glaze (recipe follows)

Colored Sugars (recipe follows)

In large bowl, combine 1 1/2 cups flour, 1/4 cup sugar, salt and undissolved yeast. Heat milk, water and butter until very warm (120° to 130° F). Add to dry ingredients and beat for 2 minutes at medium speed of electric mixer. Add eggs and 1/2 cup flour. Beat on high speed for 2 minutes. Stir

in remaining flour to make a stiff batter. Cover lightly with plastic wrap; refrigerate 2 to 24 hours.

Punch dough down. Remove dough to lightly floured surface. Divide into 3 equal pieces. Roll each to 28 by 4-inch rectangle. Brush melted butter over each rectangle; sprinkle evenly with remaining 3/4 cup sugar and ground cinnamon. Beginning at long end, roll each up tightly as for jellyroll, pinch seams to seal to form ropes. Braid ropes; form braid into oval. Pinch ends together to seal. Place on greased baking sheet. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375° F. for 25 to 30 minutes or until done. Remove from baking sheet; let cool on wire rack. Brush with Powdered Sugar Glaze; sprinkle with Colored Sugars.

Makes 1 coffee cake

**Powdered Sugar Glaze:** In medium bowl, combine 2 cups powdered sugar, sifted; and 2 to

3 tablespoons milk. Stir until smooth.

**Colored sugars:** Combine 1/2 cup sugar and 8 drops of green food coloring in a covered jar or resealable plastic bag. Shake vigorously to evenly mix color with sugar. Repeat procedure with 1/2 cup sugar and yellow food coloring. For purple, combine 8 drops of blue and 16 drops red food coloring before adding to 1/2 cup sugar.

**Recipe compliments of Fleischmann's Yeast.**

**PACZKI**

4 (1/4 oz.) packages active dry yeast (4 tablespoons)  
1/3 cup warm water (110° F)  
2 tablespoons plus 1 cup granulated sugar  
8 3/4 cups all-purpose flour  
1 1/4 cups milk, warmed  
12 egg yolks  
1 teaspoon salt  
1/2 teaspoon vanilla extract  
1/2 cup butter, melted,

cooled  
1/2 cup margarine, melted, cooled  
2 tablespoons Polish spirits or rum  
About 3/4 cup thick cherry jam or other favorite jam  
Vegetable oil  
Powdered sugar

Grease 3 baking sheets. In medium bowl, dissolve yeast in water. Stir in 2 tablespoons granulated sugar and 1/4 cup flour. Blend in milk until smooth. Let stand until foamy, 5-10 minutes.

In a large bowl, beat egg yolks, 1 cup granulated sugar, salt and vanilla until pale and creamy. Add yeast mixture, melted butter and margarine, 3 cups flour and spirits or rum.

Work mixture into a soft dough, adding flour as needed. Turn out dough on a lightly floured surface. Clean and grease bowl. Knead dough 8 to 10 minutes or until smooth and elastic, working in additional flour as needed. Place

dough in greased bowl, turning to coat all sides. Cover and let rise in a warm place, free from drafts, until doubled in bulk, about 2 to 2 1/2 hours.

On a flat surface, roll out about 1 cup raised dough until 1/4 inch thick. Keep remaining dough covered to prevent drying. Using a 2 1/2 inch round cutter, cut out dough. Place 1/2 teaspoon cherry jam on 1 dough round. Lightly place another dough round directly on top of the first, covering the jam. Using your fingers, crimp dough edges together tightly to prevent halves from separating during frying.

Place filled doughnut on a flat working surface. Using a 2 1/4 inch round cutter, press over doughnut so crimped rough edge gets trimmed smooth and round.

Place filled doughnut on a lightly greased baking sheet. Repeat process with remaining dough and jam until all baking sheets are filled, being careful to leave enough room between each dough-

nut for spreading when dough rises.

Cover each baking sheet of doughnuts with a clean cloth. Let rise in a warm place, free from drafts, until doubled in bulk, about 1 hour.

Pour oil in a deep fryer or large saucepan to a depth of about 5 inches. Heat to 350° F or until a 1-inch bread cube turns golden brown in 60 seconds.

Add doughnuts without crowding, raised — or top side down, so bottom will round out during cooking.

Fry 3 to 4 minutes until golden brown. Turn and fry other side about 3 minutes or until golden brown on both sides. Drain on paper towels. Dust doughnuts with powdered sugar. Makes 50-60 doughnuts.

**Recipe from "Polish Cooking" by Marianna Olaszewska Heberle (The Berkley Publishing Group, 1985)**

## Tuesday from page B1

people dress up in costume. It's a big family day. It's a celebration of life. The party ends at midnight with the beginning of Lent, a solemn time for Catholics marked by fasting and penitence.

Richardson describes a King Cake as an oval-shaped, braided coffee cake decorated with granulated sugar — gold to represent power, green for faith and purple, justice — and dried with icing.

"It symbolizes the gifts brought by the Three Wise Men to the Christ Child," he said. A gift is baked inside each cake, usually a doll to symbolize the baby Jesus.

According to John F. Mariani,

author of "The Dictionary of American Food and Drink," (Hearst Books, New York), before the Civil War King Cakes often contained gold, diamonds or valuables. After the war, peas, beans and coins were used. In 1871, the tradition of choosing the queen of the Mardi Gras was determined by who got the prize in the cake.

Donald and Gerald Entringer, who owned McKensie's, a bakery in New Orleans, began baking a doll into the cake in 1952, which is the dominant tradition today.

There are different opinions about what it means to find the prize in the cake. Furbush said whoever finds the prize has to

buy the next King Cake. At Fishbone's the person who gets the piece of King Cake with the baby on Fat Tuesday will receive a \$10 gift certificate.

Richardson said the person who finds the baby has to host next year's celebration. Others say whoever finds the baby will have good luck.

King Cake hasn't really caught on yet in the metro Detroit area, but Richardson believes it will one day. In New Orleans and other parts of the country where Mardi Gras celebrations are popular, King Cake is sold from the Epiphany until Fat Tuesday.

For Polish Americans, Paczki Day is their version of Mardi

Gras.

Executive Chef Greg Upshur is expecting another sell-out for the annual Fat Tuesday Celebration at Too Chez in Novi.

The event will offer Polish food, including Paczki, and entertainment by the Art Wise Polka Band.

"We're bringing in one of the top bands, and I sing a Polish song," said Upshur who was a professional singer before he became a chef. "It's like a Polish wedding."

Upshur, who is Polish on his mother's side, is health conscious and doesn't usually eat doughnuts, except on Paczki Day. "People who won't eat a

doughnut all year will eat two or three that day," he said.

But make no mistake, a Paczki isn't just a jelly doughnut. "It's truly a pastry," said Richardson who is also known as "Mr. Paczki."

"It's a Cadillac instead of a Ford. It's luxury. Paczki are larger, fuller, rounder, tastier and richer than jelly doughnuts."

In his opinion, properly made, Paczki are addictive so you get a craving for them. "You can eat several," he said.

Richardson will be arriving by helicopter in Pulaski Park at noon in Hamtramck on Monday, Feb. 16 to kick-off the city's Paczki Day Celebration. He will

receive a key to the city and crown the King and Queen of Paczki.

Mary Denning of Mary Denning's Cake Shoppe in Westland agrees that Paczki Day is cause for celebration.

"You started your diet in January, and by February you've given up. It's the time for one big fling before Lent."

Laura Kucarska and her sisters, Lynn and Lois, will be busy making Paczki at Home Bakery in Rochester. "It's an egg based dough," she said. "Paczki are extremely rich, they're bigger than jelly doughnuts. They're absolutely delicious."

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## Wine from page B2

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**Matching wine and food**

Recent statistics indicate that for the first time, wine surpasses coffee as the preferred dinner table beverage. More than ever, then, the question is being asked, what food preparation pairs best with this wine?

Cuisine Cellars of Sonoma efficiently answers. All its wines come with a "Sonoma Kitchen Experience" recipe as a peel-off

three-panel back label. Recipes are healthy and in most cases prep in 10 to 20 minutes. In the Cuisine Cellars line, there's merlot, chardonnay, white table wine and red table wine. We've tried them, they're very good and sell between \$7-\$10.

**Call it confidence**

Recently, Napa Valley's Merryvale Vineyards conducted a blind tasting for restaurant wine buyers, retail trade, and invited Eleanor to participate. Merryvale put its 1995 Profile in blind tasting against seven other big hitters in the Bordeaux blend category from both Napa and Sonoma.

Results. Ranking begins with Eleanor's number one preference and is followed by group ranking in parentheses. All wines are 1995. Stonestreet Legacy (4); Merryvale Profile (2); Caymus regular Cabernet Sauvignon (1); Joseph Phelps Insignia (3); Pahlmeyer (5); Far Niente (7); Cain Five (8); and Opus One (6). In such distinguished company, coming in second place should get your vote of confidence!

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

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