

How to Throw a New Orleans Party

1 bag of beads
3-4 doz. Friends, family, and neighbors
4 delicious New Orleans recipes
2 Masks for decorating

Mix together in a home, fellowship hall, or conference room. Set up a “kids” table to decorate the masks (instructions are included): for the young and young at heart. Whip it up with music, stories and pictures from your mission trip to New Orleans, and serve.

If you feel so led, take up a collection at your party. Donations are always welcome!

You may make checks payable to:

The Presbytery of South Louisiana
Project Homecoming
3700 Gentilly Blvd.
New Orleans, LA 70122

Memo: Project Homecoming

Recipes for your Mardi Gras/New Orleans Party

History of King Cakes

Epiphany, celebrated in European countries, marks the coming of the wise men who brought gifts to the Christ Child. Epiphany is also called Little Christmas on the Twelfth Night, and is celebrated twelve nights after Christmas. People from all of the world celebrate Epiphany by exchanging gifts and feasting. A very popular custom that is still celebrated is the making of the "King's Cake" which represents the three kings who brought gifts. A plastic baby is baked inside the King Cake, and the tradition is whoever receives the baby in their piece of cake must buy the next King Cake or throw the next party. King Cakes are made of a cinnamon filled dough in the shape of a hollow circle. The cake is topped with a delicious glazed topping and then sprinkled with colored sugar. The three colors of the sugar are Purple (representing Justice), Green (representing Faith) and Gold (representing Power). Today the King Cakes are baked with a wide assortment of fillings inside the cake. King Cake is the preferred dessert and snack in New Orleans during Mardi Gras. Hundreds of thousands of King Cakes are eaten in New Orleans during the Carnival season. Many are shipped throughout the U.S. for those displaced New Orleanians longing for a taste of Mardi Gras. In fact, a Mardi Gras party wouldn't be a Mardi Gras party without a King Cake.

King Cake

Traditional New Orleans Recipe

Ingredients

- 1/2 cup warm water (110 to 115 degrees)
- 2 packages active dry yeast
- 1/2 cup plus 1 teaspoon sugar
- 3 1/2 - 4 1/2 cups flour unsifted
- 1 teaspoon nutmeg
- 2 teaspoons salt
- 1 teaspoon lemon zest, this is lemon rind, grated
- 1/2 cup warm milk
- 5 egg yolks
- 1 stick butter cut into slices and softened, plus 2 tablespoons more softened butter
- 1 egg slightly beaten with 1 tablespoon milk
- 1 teaspoon cinnamon
- 1 1" plastic baby doll

Directions

Pour the warm water into a small shallow bowl, and sprinkle yeast and 2 teaspoons sugar into it. Allow the yeast and sugar to rest for three minutes then mix thoroughly. Set bowl in a warm place for ten minutes, or until yeast bubbles up and mixture almost doubles in volume. Combine 3 1/2 cups of flour, remaining sugar, nutmeg and salt, and sift into a large mixing bowl. Stir in lemon zest. Separate center of mixture to form a hole and pour in yeast mixture and milk. Add egg yolks and, using a wooden spoon, slowly combine dry ingredients into the yeast/milk mixture. When mixture is smooth, beat in 8 tablespoons butter (1 tablespoon at a time) and continue to beat 2 minutes, or until dough can be formed into a medium-soft ball.

Place ball of dough on a lightly floured surface and knead like bread. While kneading, sprinkle up to 1 cup more of flour (1 tablespoon at a time) over the dough. When dough is no longer sticky, knead 10 minutes more until shiny and elastic.

Using a pastry brush, coat the inside of a large bowl evenly with one tablespoon softened butter. Place dough ball in the bowl and rotate until the entire surface is buttered. Cover bowl with a moderately thick kitchen towel and place in a draft-free spot for about 1 1/2 hours, or until the dough doubles in volume. Using a pastry brush, coat a large baking sheet with one tablespoon of butter and set aside.

Remove dough from bowl and place on lightly floured surface. Using your fist, punch dough down forcefully. Sprinkle cinnamon over the top, pat and shake dough into a cylinder. Twist dough to form a curled cylinder and loop cylinder onto the buttered baking sheet. Pinch the ends together to complete the circle. Cover dough with towel and set it in draft-free spot for 45 minutes, or until the circle of dough doubles in volume. Pre-heat oven to 375 degrees.

Brush top and sides of cake with egg wash and bake on middle rack of oven for 25 to 35 minutes until golden brown. Place cake on wire rack to cool. If desired, you can hide the plastic baby in the cake at this time.

Colored sugars

Green, purple, & yellow paste
12 tablespoons sugar

Squeeze a dot of green paste in palm of hand. Sprinkle 2 tablespoons sugar over the paste and rub together quickly. Place this mixture on wax paper and wash hands to remove color. Repeat process for other 2 colors. Place aside.

Icing

3 cups confectioners sugar
1/4 cup lemon juice
3 - 6 tablespoons water

Combine sugar, lemon juice and 3 tablespoons water until smooth. If icing is too stiff, add more water until spreadable. Spread icing over top of cake. Immediately sprinkle the colored sugars in individual rows consisting of about 2 rows of green, purple and yellow.

Cake is served in 2" - 3" pieces.

Sausage and Ham Jambalaya

(taken from: La Bonne Cuisine :Cooking New Orleans Style)

2 tablespoons cooking oil
1 cup chopped onion
1 bell pepper, chopped
3 ribs celery, chopped
5 green onions, chopped
1 (10 ounce) can tomatoes (reserve liquid), chopped
1 (10 ounce) can Ro-Tel tomatoes (reserve liquid), chopped
2 cups diced ham
4 tablespoons tomato paste
1/4 cup minced parsley
2 cloves garlic, minced
1 bay leaf
1 teaspoon thyme leaves
1 teaspoon basil
Salt and Pepper to taste
1/4 cup Worcestershire sauce
3 cups water
12 pork sausages, halved
1 pound smoked sausage, cut in 1-inch slices
2 cups uncooked Uncle Ben's Converted Rice

In a Dutch oven heat the oil. Add the onion and bell pepper and sauté until tender. Add the celery, green onion, and tomatoes and cook until soft. Add the parsley, garlic, seasonings, Worcestershire sauce, reserved tomato liquids, and 2 cups water. Cook this gravy for 1 hour. In a separate large skillet fry the pork sausages and smoked sausage and discard the grease. Add the sausage to the gravy and rinse out the skillet with 1 cup water and add to the gravy. Place the rice in the gravy mixture and cover tightly. When it starts to bubble, lower the heat and cook until the rice is

done. Several times during cooking, lift the mixture gently with a spoon to keep it from sticking. If the water is gone before the rice is cooked, add a little more hot water to the gravy. Serves 8-10.

Dirty Rice
(from La Bonne Cuisine: Cooking New Orleans Style)

½ cup bacon grease
6 pork chops, boned and ground
1 pound chicken livers, ground
1 large onion, ground
1 bell pepper, ground
2 ribs celery, ground
3 cloves garlic, ground
2 cups liquid (possibly chicken broth)
1 bay leaf
½ teaspoon ground thyme
Salt and pepper to taste
½ teaspoon red pepper
5 cups cooked rice, chilled
3 green onions with tops, minced
¼ cup minced parsley

In a heavy Dutch oven melt the bacon grease. Add the pork and liver and fry the mixture until very brown. Let the meat stick to the skillet a bit before stirring it. Add the onion, bell pepper, celery, and garlic and cook them until they are wilted. Add the liquid, bay leaf, thyme, salt, pepper, and red pepper. Simmer the mixture for 30 minutes. Remove the bay leaf. Add the rice and toss the mixture until the rice is hot. Stir in the green onion and parsley. Stuff a large turkey with the dressing, or serve as a side dish. Serves 8-10.

Old Time Bread Pudding
(From La Bonne Cuisine: Cooking New Orleans Style)

4 slices buttered toast, quartered
½ cup seedless raisins
2 eggs, slightly beaten
¼ cup sugar
1/8 teaspoon salt
1 cup evaporated milk
1 cup boiling water
1 teaspoon vanilla
4 teaspoons sugar
¼ teaspoon cinnamon

Arrange the toast in a buttered 1 ½- quart baking dish. Sprinkle the raisins over the toast. In a bowl combine the eggs, sugar, salt, milk, water, and vanilla. Pour the mixture over the toast and let it stand for 10 minutes. In a cup combine the sugar and cinnamon and sprinkle the mixture over the dish. Bake the pudding at 350° F for 30 minutes, or until a knife inserted in the center comes out clean. Serves the pudding topped with the Sauce.*

***Sauce**

½ cup butter or margarine
1 cup sugar
1 egg, beaten
Whiskey or rum to taste

In a double boiler combine the butter and sugar and cook until the mixture is very hot and the sugar is well dissolved. Add the egg and beat the mixture with a wire whisk, briskly. Let the sauce cool and add the whiskey. Serve the sauce warm.

Art Project: Costume Masks

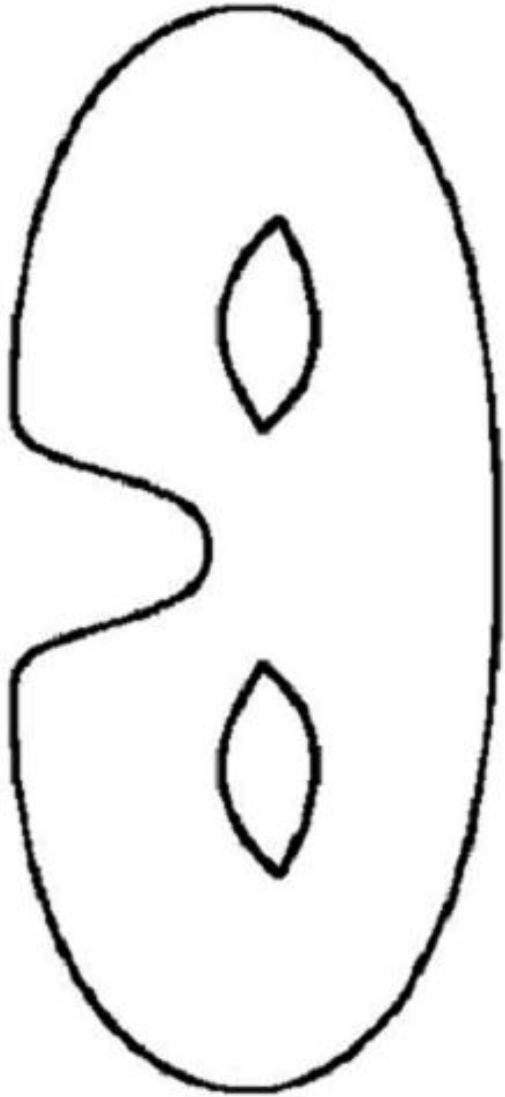
If you will be cutting out and decorating this mask, consider printing it on heavy cardstock. Before you cut out the eye holes you might want to hold the mask up to your face to make sure they are in the right spot for you.

Use a hole puncher to make the holes on the side. Before punching the holes, you might want to reinforce them by putting a small piece of clear tape over the back and/or front of the hole. Tie yarn or even thin elastic through the holes to hold the mask on your face. Instead of punching holes and adding ties, you can also attach a "handle" to your mask to hold it in place. For this, you can use a straw a popsicle-type craft stick, pencil, or anything else long and thin.

Instructions taken from:

<http://familycrafts.about.com/library/color/bleyemask.htm>

Mask (Larger)



Mask (Smaller)

