

Alliance Française– Lansing

January 2020 Newsletter

Bonne année!



Calendar

Sun.	Monday	Tuesday	Wednesday	Thursday	Fri.	Saturday
			1	2 Conversation Café at the café in Schuler's Bookstore in Meridian Mall 3:00-4:30	3	4
5	6 Epiphanie	7 New Day ! Conversation entre amis. Chez Kelly 18h30	8	9 Conversation Café at the café in Schuler's Bookstore in Meridian Mall 3:00-4:30	10	11
12	13 French Club East Lansing Public Library 19h00-20h00	14	15	16 Conversation Café at the café in Schuler's Bookstore in Meridian Mall 3:00-4:30	17	18
19	20	21 New Day ! Conversation entre amis. Chez Kelly 18h30	22	23 Conversation Café at the café in Schuler's Bookstore in Meridian Mall 3:00-4:30	24	25 AF-Lansing Soirée Hosts: Brian & Nancy Kelly Program: Dina Foster
26	27 French Club East Lansing Public Library 19h00-20h00	28	29	30 Conversation Café at the café in Schuler's Bookstore in Meridian Mall 3:00-4:30	31	

Members elect new officers

At the Annual Meeting, members elected four officers to the Alliance Française-Lansing Board of Directors. In addition to re-electing Josie Wojtowicz as Vice-President, Brian Kelly as Treasurer and Darcy Greene as Director at Large, members also elected Caroline Bruce as Director at Large (one year term to fill the vacancy on the board).

The Board of Directors for 2020:

Yasmina Bouraoui – Co-President bouraoui@gmail.com
Gaëlle Cassin-Ross – Co-President gaelle@apsfrenchclass.com
Josie Wojtowicz – Vice President josiemw@hotmail.com
Brian Kelly – Treasurer bkelly94@gmail.com
Nancy Kelly – Secretary nancyk05@gmail.com
Caroline Bruce – Director at Large brucec@msu.edu
Darcy Greene – Director at Large 3m.darcy@gmail.com

The Food Section:



Traditional French Galette des Rois

By: Rebecca Franklin (from thespruceeats.com)

For an extra-special holiday treat, bake this delicious *galette des rois*, a traditional French cake usually served on Epiphany, January 6. Friends and family will love the irresistibly creamy almond filling sandwiched between two flaky, buttery layers of puff pastry.

Much like the [American king cake](#) or the [Spanish roscón de reyes bread](#), this dessert often includes a small prize (called a *fève*) hidden inside the filling. Bakeries opt for porcelain or plastic figures, but a home baker can use a dried fava bean instead. The lucky guest who finds the *fève* becomes the "king" or "queen" of the evening and wears a paper crown. Of course, make sure to warn everyone about the *fève*—if you don't, some guests may leave the party with broken teeth. If you're making this cake for children, consider leaving out the *fève*.

Once you master this foolproof recipe, you can experiment with different fillings or make your own [puff pastry](#).

Ingredients

For Almond Cream Filling:

- 1/2 cup [almond](#) meal
- 1/4 cup granulated sugar
- 1 egg
- 3 tablespoons butter, softened
- 3/4 teaspoon [vanilla extract](#)
- 1 tablespoon all-purpose [flour](#)

For Cake:

- 17 ounces puff pastry, thawed
- 1 batch almond cream (homemade)
- 1 [egg, beaten](#)
- Optional: 1 dried [fava bean](#)
- 2 tablespoons confectioners' sugar
- Tea or café au lait for serving (optional)

How to Make the Almond Cream

1. Gather the ingredients.
2. Combine the first 6 ingredients in the bowl of a food processor. Blend to a smooth, creamy paste. Feel free to make this cream a few days in advance, then refrigerate it in an airtight container.

How to Make the Cake

1. Gather the ingredients.
2. Preheat the oven to 425 F.
3. Roll out the sheets of puff pastry and cut out two 11-inch circles. Place the first disc on a parchment-lined baking sheet, then cover it in an even layer of almond cream, leaving a 1-inch border around the circle.
4. If you wish to include a *fève*, you can do so at this point: Simply nestle it in the almond cream. Place the second puff pastry disc atop the first, then [crimp](#) the edges with a fork to seal the cake. Using a sharp knife, score a decorative pattern into the top layer of pastry, without cutting through to the almond filling.
5. Brush the galette with the egg wash and bake for 15 minutes at 425 F. Dust the cake with the powdered sugar and bake for an additional 10 to 12 minutes, until the puff pastry becomes a deep golden brown. Allow the cake to cool for 20 minutes.

6. Serve slices with tea or [café au lait](#) to balance the galette's sweetness. If you have included a fève, make sure to warn your guests and, of course, crown the king or queen with a paper diadem.
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Galette des Rois: All you need to know about the French tart for kings

(Excerpted from: [thelocal.fr](#), Jan. 6, 2019)

“Here's the story of the Galette des Rois - a tart that can make you feel like a king.

As with many festivals in France the French will mark the feast of the Epiphany by eating. Whereas Christmas and New Year's Eve is all about oysters and foie gras, January 6th is all about the Galette des Rois (King's Cake).

So what is a Galette des Rois? It's basically a frangipane tart made with pastry, butter, ground almonds and a few extra ingredients that will stretch the already bursting waistline for one final time before the January dieting begins.

Why is it in the news this week? Because the French love their culinary traditions and none more so than the Galette des Rois, which they scoff down on January 6th each year to mark the feast of the Epiphany -- when the three kings (allegedly) turned up to give gifts to Baby Jesus.

Interestingly during the French Revolution the name was changed to “Gâteau de l'égalité” because it wasn't really the done thing to be a king at that time.

But it's just a cake? Ah but it isn't. The Galette des Rois is not just about having a cup of tea and something sweet. There's an age-old protocol that needs to be followed and it's all to do with the little charm that bakers hide inside the cake.

First of all the youngest child has to hide under the table and tell whoever is cutting the cake who should get which piece. Whoever finds the charm, known as a “fève”, in their slice (as long as they don't swallow it) gets to wear the crown that comes with the tart and then names their king or their queen. And then everyone just sits down and scoffs it. Normally with either cider or champagne.

Is there just one type of Galette? Non, non, non. While traditionalists, and there are quite a few of those in France, might insist on the original recipe and shape, French chefs are getting more and more inventive when it comes to these galettes.

What's the point? It's tradition of course. According to Direct Matin newspaper, the pagan custom dates back to Roman times, when festivals were organized in honour of the gods between late December and early January. Masters and slaves ate together and a bean (a fève) was slipped into one of the dishes and whoever got it was hailed king of the feast.

When the church instituted the festival of the Epiphany to celebrate the arrival of the three wise kings, the tradition of the bean in the cake remained.

I'd hate to find a bean in my cake... Well luckily, although *la fève* used to be a broad bean, it was replaced in around 1870 by a variety of figurines made out of porcelain or - more recently - plastic. These plastic figurines used to be in the shape of babies to represent Jesus but can now be anything from a car to a shoe. Real Galette des Rois fanatics will collect the charms year after year and build up a fine array of little trinkets. One

man named Bernard Joly has over 1,200 according to France TV info. Some bakers, fearing they could be sued if someone chokes on it, put the charms outside the galette and leave it up to the buyer to hide it.

So everyone in France will have their cake and eat it? Pretty much. Boulangeries in France love this time of year as their takings are boosted by the sale of the pastries.

Although poor president Emmanuel Macron is not allowed the chance to become king for the day. According to trusty Wikipedia, the French president is not allowed to “draw the kings” on Epiphany because of the etiquette rules. “Therefore, a traditional galette without figurine or crown is served at Elysée Palace.””

NB: Conversation Entre Amis continues at a new time and location. Board members Darcy Greene and Nancy Kelly have taken over the conversation group. The conversations will continue on **Tuesday** evenings. The January conversations will be held at Nancy’s home.

Remember to pay your dues!

This newsletter goes only to members. Please ensure that you will continue to receive the newsletter by paying your Alliance Française dues.

\$10 – student
\$20 – individual
\$35 – family

Send a check payable to Alliance Française-Lansing; AF-Lansing, PO Box 27274, Lansing, MI 48909 or use a credit card at <http://paypal.me/AFLansing>.