

“ARTS TRANSMIT OUR BLENDED CULTURES TO THE WORLD.”



WHAT MAKES A CITY?

“A great city evolves over generations when diverse populations come together and blend their many histories, their cultures and their art.”



CORPORATE REALTY



WHY DO THE ARTS IN NEW ORLEANS MATTER?

“Through our art, we have left a mark on the environment around us – today and for the future.”

Mary Len Costa

Interim Director & CEO
and Director of Public Art,
Arts Council of New Orleans

WHAT IS YOUR FAVORITE NEW ORLEANS DISH?

"King Cake and Oyster Patties – not together!"

MARY LEN'S KING CAKE

INGREDIENTS

4 EGGS

1 CUP EVAPORATED MILK

2 STICKS BUTTER

¼ CUP SUGAR

2 TSP. VANILLA

5 TSP. YEAST (*RED STAR IN JAR IS EASIEST TO MEASURE BUT 2 PACKETS IS ALMOST 5 TSP.*)

1 TBSP. SUGAR

½ CUP WARM WATER (*BETWEEN 100° AND 110°*)

5 CUPS OF ALL-PURPOSE FLOUR

1 TSP. SALT

GLAZE:

½ TO ¾ BOX OF POWDERED SUGAR

4 TBSP. MILK

DISSOLVE THE SUGAR WITH THE MILK, ADDING EXTRA INGREDIENTS AS NEEDED TO MAKE A SMOOTH, MEDIUM THICK GLAZE. SET ASIDE WHILE THE CAKE BAKES.

DIRECTIONS

Preheat oven to 350°. Break eggs into a small bowl; stir; set aside to allow them to reach room temperature.

Mix evaporated milk, butter and ¼ cup sugar—heat until butter melts and mixture is just beginning to bubble around the edges and the top is turning sort of whitish – stirring to dissolve sugar. Remove from heat and allow to cool. Add vanilla. Do not allow the mixture to get too cold—it will “kill” the yeast.

Stir remaining tablespoon of sugar into warm water to dissolve quickly; add yeast; cover and let rise in warm place away from drafts for 10 to 15 min. until it has formed a “sponge.”

If using a mixer, combine eggs with milk mixture. Add “sponge.” Slowly work in flour and salt.

If doing by hand, place the flour in a large bowl, make a deep indentation in it and add all the liquid and the yeast “sponge.” Stirring from the center, pulling flour slowly from around the sides until it is totally incorporated.

When all flour is incorporated, turn the dough (it will be soft) out onto floured surface and knead to the count of 30 to 40 until smooth. Put into a large bowl that has been buttered. Turn dough ball several times to coat in the butter. Cover with wax paper and a damp towel. Put in a warm place away for drafts and allow the dough to rise until it is doubled in size – approximately 1 hour – just long enough to go to the street to watch a parade.

When dough is ready, punch down, and knead a few times in the bowl. Turn onto a floured surface and shape into a long “log.”

If adding a filling: With a rolling pin, roll out until about ¼” thick. Coat with melted butter; cut into three strips and add filling as desired. Roll up each section, squeezing to seal seams.

If no filling is to be added, divide the “log” of dough into three equal parts and shape each one into long strips by hand.

Braid dough and shape into an oval; seal ends. (Braids can be cut to make two smaller cakes.) Cover with wax paper. Put in warm place away for drafts and allow the dough to rise until it is doubled in size – approximately 1 hour – another opportunity to catch a few beads.

Bake risen cake for 25 to 30 minutes until just golden. Remove from oven and place on rack to cool slightly. Working quickly, and using your hands, coat the warm cake with the sugar glaze and sprinkle with your favorite colored sugars as you work around the cake. Allow glazed cake to cool a bit before eating, yet for best results and the most compliments, enjoy while still warm!

It is the mission of the Arts Council of New Orleans to support and to expand the opportunities for diverse artistic expression and to bring the community together in celebration of our rich multi-cultural heritage.

Enjoy this recipe courtesy of MARY LEN COSTA and  CORPORATE REALTY

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