Galette des Rois

The **Galette des Rois** (King's Cake) is a beloved French tradition celebrated during **Epiphany** on January 6th. It marks the arrival of the Three Wise Men to Bethlehem and has become a festive way to bring family and friends together.

What It Is

The Galette des Rois is a round, golden pastry typically enjoyed in early January. Inside the cake is hidden a small charm, called the **“fève”**. The person who finds the fève in their slice is crowned king or queen for the day and wears a paper crown that comes with the galette.

Ingredients

There are two main types of Galette des Rois:

- **Northern France Version:** Made with puff pastry and filled with **frangipane**, a rich almond cream.
- **Southern France Version (Gâteau des Rois):** A brioche-style cake, often flavored with orange blossom and decorated with candied fruits.

Accompaniments

The Galette des Rois is often served with **cider**, especially in Northern France. The bubbly, slightly sweet cider pairs perfectly with the buttery pastry and almond filling.

Children's Games

The tradition includes fun activities for children:

- The youngest child often hides under the table and decides, sight unseen, who receives each slice of galette.
- Kids eagerly search for the fève in their piece, hoping to be crowned king or queen.

Where to Buy

Galettes des Rois are widely available in France during January. Look for them at:

- **Boulangeries and Pâtisseries:** Most bakeries sell galettes in various sizes, often including a paper crown.
- **Supermarkets:** Pre-packaged galettes are available, though bakery-made versions are fresher and more traditional.
- **Artisan Shops:** For gourmet versions with unique flavors, visit specialty pastry shops.

Tips for Enjoying

- Heat the galette slightly before serving to enhance the flavors of the puff pastry and frangipane.
- Pair it with a glass of dry or sweet cider for a traditional experience.
- If you can't find a galette nearby, they are relatively easy to make at home with puff pastry and almond cream.

Celebrate this delicious tradition with friends and family, and enjoy the joy of being crowned royalty for a day!

From:
http://parisyank.com/ - **Paris Yank**

Permanent link:
http://parisyank.com/doku.php?id=paris_yank:eat:preparein:products:galette_des_rois

Last update: **2025/01/18 20:37**