

Fat Tuesday

Written by Debbi Covington

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MARDI GRAS is Fat Tuesday! It's the last night of eating rich and fatty foods before the ritual fasting of the Lenten season which begins the next day on Ash Wednesday. Fat Tuesday is sometimes referred to as Shrove Tuesday — from the word "shrive" meaning "confess." This week's recipes are perfect for a Mardi Gras themed party.

You'll just need to buy some great wines and masks. A Mardi Gras mask is an essential item of Carnival. Hiding your face in a mask allows you to play a totally different role and gives you the liberty to assume another personality. It's magical, anonymous and mysterious!

King Cake is a southern Mardi Gras tradition served throughout the Carnival season which lasts from Epiphany Eve through Fat Tuesday. Inside the cake you'll find a trinket — traditionally a dried bean or a small plastic baby representing the baby Jesus. The person who gets the piece of cake with the trinket has various privileges and obligations. It has become customary in southern culture that whoever finds the trinket is declared the king or queen of the day and must provide the next King Cake or host the next Mardi Gras party. The most traditional King Cake is a ring of twisted cinnamon roll-style bread topped with icing and purple (justice), green (faith) and gold (power) colored sugars — the official Mardi Gras colors.

Artichoke Spread is a delicious Fat Tuesday appetizer to serve while you're toasting Mardi Gras! Traditionally colored tortilla chips – purple (justice), green (faith) and gold (power) are just added fun!

Mardi Gras King Cake

King Cake is a ring of cinnamon cake topped with sweet icing and purple, green and gold colored sugars. ☐ ☐

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