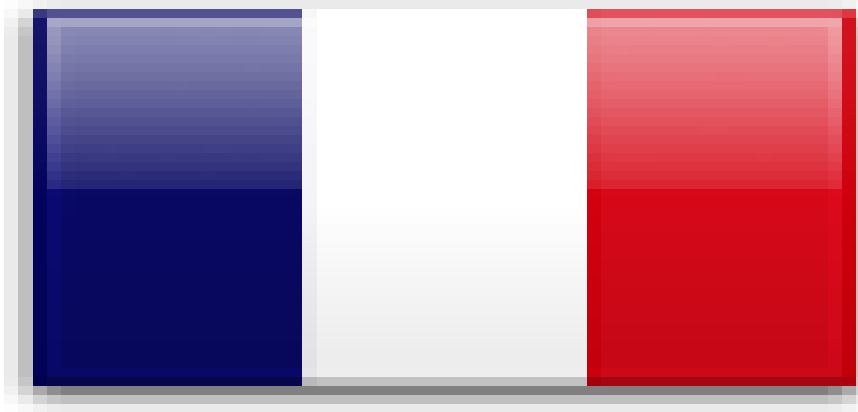


Christmas in France

By Emma Swansburg



The population in 2014 is 62,814,233



- Christmas in France is celebrated on December 6th, the feast of saint Nicholas.



- ▶ In France the main language spoken is French
- ▶ and Joyeux Noël means Merry Christmas!



In France there are trees and they are decorated with Christmas bulbs, lights and a star on top like ours.



In France there is Pere Noel which means father Christmas. Father Christmas looks like our Santa Clause.



- ▶ Pere Noel travels with his strict companion Pere Fouettard who reminds him how each child has behaved each year. Pere Fouettard is dressed in black.

- ▶ In France a traditional food that is eaten is the bûch de Noel or yule log cake.

Ingredients

Cake

5 eggs separated into yolks and whites
1 cup of sugar, divided into two ½ cup amounts
½ cup of cake flour
¼ cup of baking cocoa
¼ teaspoon of salt
½ teaspoons of cream

Filling

4 egg whites
2 cups of icing sugar
¼ cup of baking cocoa
¼ teaspoon of vanilla extract

Icing

1 ½ cups of icing sugar
2 egg whites
3 table spoons of melted butter
1 teaspoon of lemon juice
¼ teaspoon of vanilla extract
¼ cup of powdered cocoa



Cake Recipe

▶ **Step 1 – Separate your eggs**

- ▶ Separate the 5 yolks from whites, obviously into two separate bowls. Place egg whites in a small mixing bowl and let the whites stand at room temperature for 30 minutes or more.

▶ **Step 2 – Line a pan with parchment**

- ▶ Grease a baking pan, then line the pan with parchment paper. Finally, grease the parchment paper. I use Coconut oil as the grease, but you could use butter, margarine or even (yuck) animal lard. This recipe presumes a 15 inch by 10 inch by 1/2 inch deep pan, but you can use a pan that is larger in any dimension(s), and just crimp the parchment paper at the proper dimensions.

▶ **Step 3 – Beat the egg yolks**

- ▶ In a large mixing bowl, beat the egg yolks on high until they are light and fluffy. Gradually add 1/2 cup sugar, beating for a few minutes, until thick and lemon-colored.

▶ **Step 4 – Mix the dry ingredients**

- ▶ In a dry bowl, combine the
 - 1/2 cup cake flour
 - 1/4 cup baking cocoa (powdered cocoa)
 - 1/4 teaspoon salt

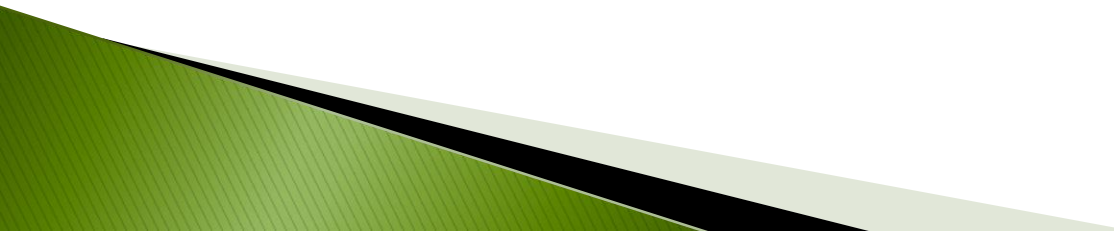
▶ **Step 5 – Mix the flour mixture with the egg yolks**

- ▶ Slowly the flour mixture to the egg yolk mixture and blend on medium, until well mixed.
 - ▶ with a whisk.

Step 6 – In a separate bowl, beat the egg whites, and add the sugar

- ▶ Beat egg whites (in a separate clean bowl) on medium until foamy. Add the 1 /2 teaspoon of cream. Continue to beat until soft peaks form. then, slowly add the remaining 1 /2 cup of sugar, beating on high until stiff peaks form.
- ▶ **Step 7 – Fold the egg whites into the chocolate flour mixture**
- ▶ Slowly and gently fold the egg whites into the chocolate flour mixture, until no streaks remain.
- ▶ **Step 8 – Gently spread the batter into the pan**
- ▶ Gently spread the batter evenly in the prepared pan.
- ▶ **Step 9 – Bake for 12 minutes**
- ▶ Bake in the preheated oven at 350Â° for about 12 minutes or until cake springs back (do not over bake; certainly not more than 15 minutes. It is better to under bake rather than over bake!).
- ▶ **Step 10 – Cool and peel**
- ▶ Cool the cake for 5 minutes, then invert onto a linen towel dusted with confectioners' sugar (or another piece of parchment paper, dusted with the powdered sugar). Peel off parchment paper.
- ▶ **Step 11 –Roll the cake**
- ▶ Roll the cake up in the towel or paper, starting with a short side. Then let it cool on a wire rack. The cake portion is now done! If you need to take a break, put the cake in a sealed container or plastic bag.

Filling Recipe

- ▶ **Step 12 – Whip 4 egg whites**
 - ▶ Whip 4 egg whites in a clean dry mixing bowl until fluffy peaks form.
 - ▶ **Step 13 – Slowly add the powdered sugar**
 - ▶ Add the 1 and a half cups of powdered (icing or confectioner's sugar) to the mixer. Then add 1 /4 teaspoon vanilla extract and 1 /4 cup powdered baking cocoa. Whip briefly, but to a uniform color.
 - ▶ **Step 14 – Unroll the cake**
 - ▶ Unroll the cake! If you want to make two shorter cakes, simply cut the cake in half before unrolling it. The advantage of this is, you can make one with chocolate filling, the other with a white filling, or mocha, etc.
 - ▶ **Step 15 – Spread the filling on the cake**
 - ▶ Spread it about at least 1 /4 Inch thick, up to a maximum of 1 /2 inch thick.
 - ▶ **Step 16 – Roll up the cake again**
 - ▶ Gently and loosely roll the cake, not squeezing! You don't want to squeeze out the filling.
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Icing Recipe

► **Step 17 – In a mixing bowl**

► To a mixing bowl add:

- 1.5 cups confectioners' sugar (also called powdered sugar and in the UK, icing sugar)
- 2 egg whites
- 3 tablespoons melted butter
- 1 teaspoon lemon juice
- 1/4 teaspoon vanilla

Next whip it up in your electric mixer.

► **Step 18 – Add the cocoa**

► Then add the cocoa, and mix with the mixer until uniform.

Step 19 – Now ice / frost the cake!

► Gently slurp the icing on the cake (top and ends)

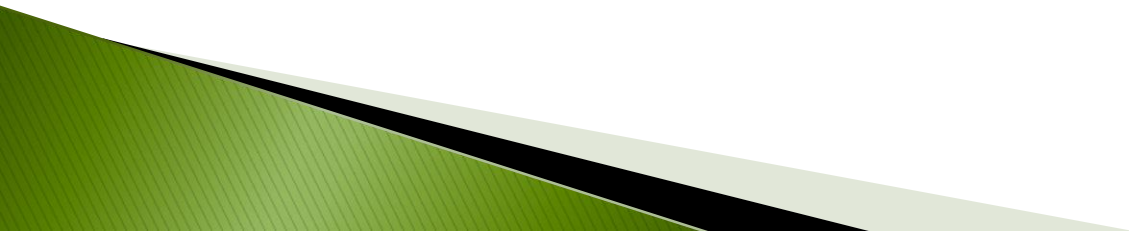
► Note: the log in the photo appears short because I cut the roll in half to make two short logs, rather than one long log.

► **Step 20 – Decorate**

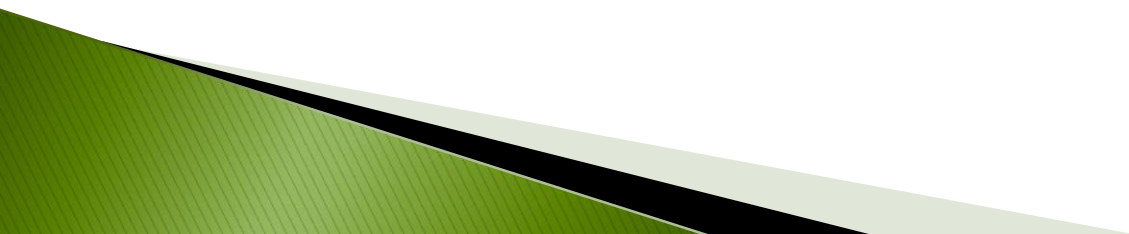
► I use a pastry blending knife to make the lines in the icing to look like a log! I just drag the front of it across the log. Of course, you can buy special decorating tools for this, also.

► You can also dust it with powdered sugar, to simulate snow!

- ▶ For Christmas good children get small gifts from Pere Noel.
- ▶ Bad children get a spanking from Pere Fouettard.



- ▶ Some unique things about Christmas in France are:
- ▶ They used to burn a Yule log though it is not very popular now a days.
- ▶ Children put there shoes in front of the fire place in hopes that Pere Noel will fill them with small toys.



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