

A Mardi Gras  
Tradition



# KING CAKE



## History of the King Cake

The King Cake is the preferred dessert served at Mardi Gras parties. The pastry is thought to have originated in France in the 12th century, where it was eaten to celebrate the Feast of the Epiphany, the day the Magi came upon the baby Jesus. The circular cake with an opening in the center, symbolizes the circular route the kings took to prevent King Herod from killing the Christ Child.

In New Orleans, King Cakes are eaten throughout the Mardi Gras carnival season, which begins January 6 (Epiphany) and ends on Fat Tuesday, the final day of feasting before Lent begins. Historically, the cakes were baked with a small plastic baby hidden inside. The person who received the piece with the baby was expected to continue the festivities with another party and another King Cake. Today, the baby is usually placed in the center of the cake rather than baked inside, but the tradition of carrying on the party still thrives!

