

Becoming
**MARIE
ANTOINETTE**



EVENT KIT

Inspired by Juliet Grey's Novel

 A BALLANTINE BOOKS PAPERBACK AND eBook

THE VERSAILLES GLIDE



In order for Antonia to more seamlessly assimilate into the rarified and sophisticated atmosphere at Versailles, Maria Theresa imported the celebrated choreographer Jean-Georges Noverre. It was perhaps because of her training with Noverre, that the young princess had no problem adapting, in her daily life, to the peculiar way of walking known as the Versailles Glide.

In a properly executed Versailles Glide (which was only performed by women at the French court), the lady appears to be rolling. Her feet never seem to touch the floor. This is how Marie Antoinette and many of the other women of the court traveled down the corridors and long hallways of Versailles.



Now, IT'S YOUR TURN!

Start out demi-pointe, on the balls of your feet, with your heels lifted slightly off the floor (even harder to do when you're wearing the 2" Louis heel). Keep your torso rigid and pitched slightly forward, to mimic the effect of a proper corset. Keep your thighs quiet and uninvolved in the movement, bend your knees very slightly, and with your feet close together, if not touching, take tiny, rapid steps forward. The movement is entirely performed from the knee down.

[CLICK HERE](#)
TO WATCH JULIET DEMONSTRATE THE VERSAILLE GLIDE
(TOWARD THE END OF THE VIDEO).

MAKE YOUR OWN MASK FOR A MASQUERADE BALL!

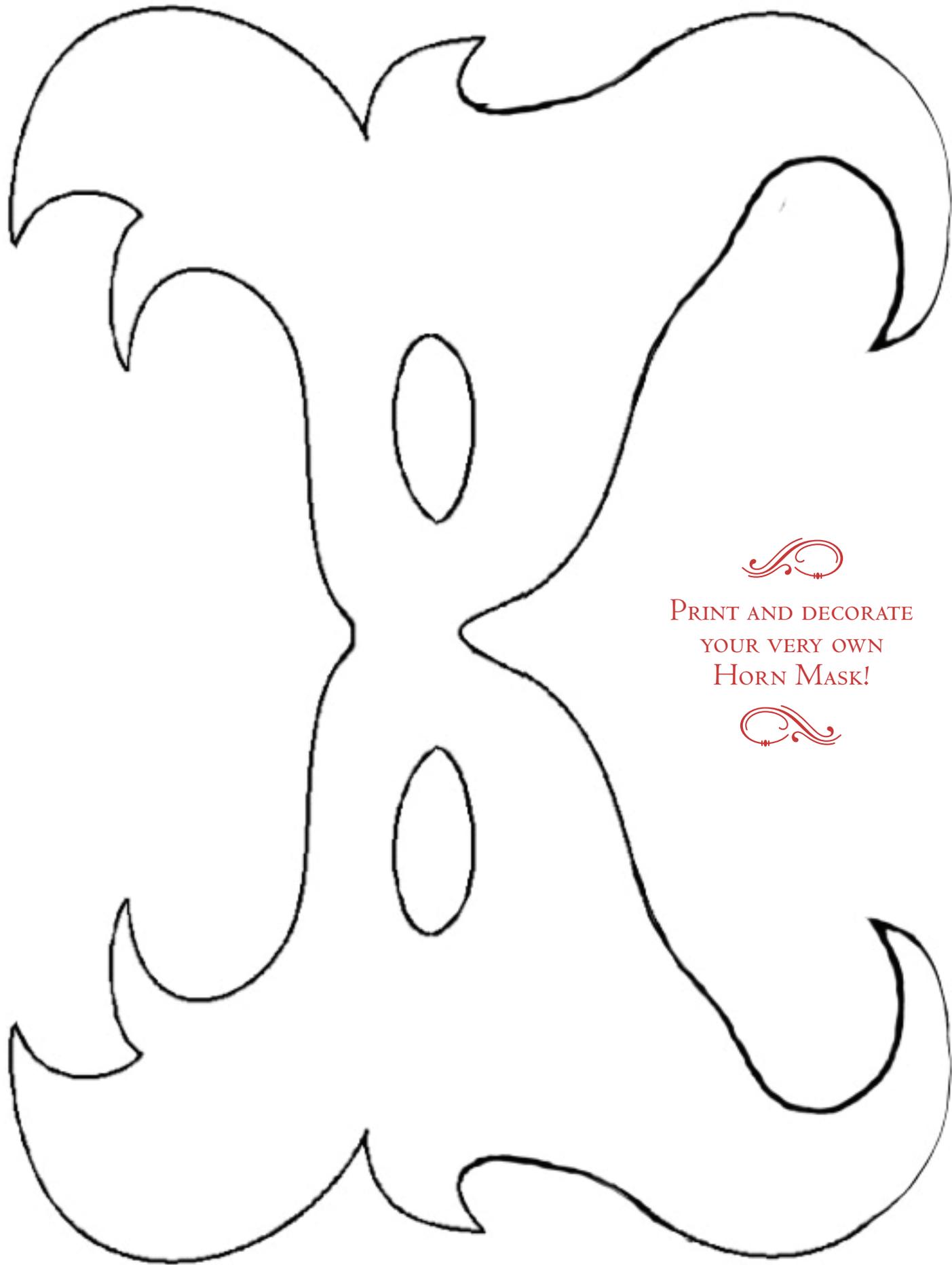


MARIE ANTOINETTE enjoyed numerous royal masquerade balls, where all attendees were required to disguise themselves with elaborate costumes. Often attendees went so far as to wear the clothing of the opposite gender to fool the other partygoers.

Below are a few of the common mask shapes that would have been worn by revelers at the time. Of course the masks back then were made of leather or papier-mâché and embellished with rhinestones, sequins, feathers, fabric, and sometimes even gold (though not all were worn about the head; some were affixed with only one side to a long stick, like a *lorgnette*).

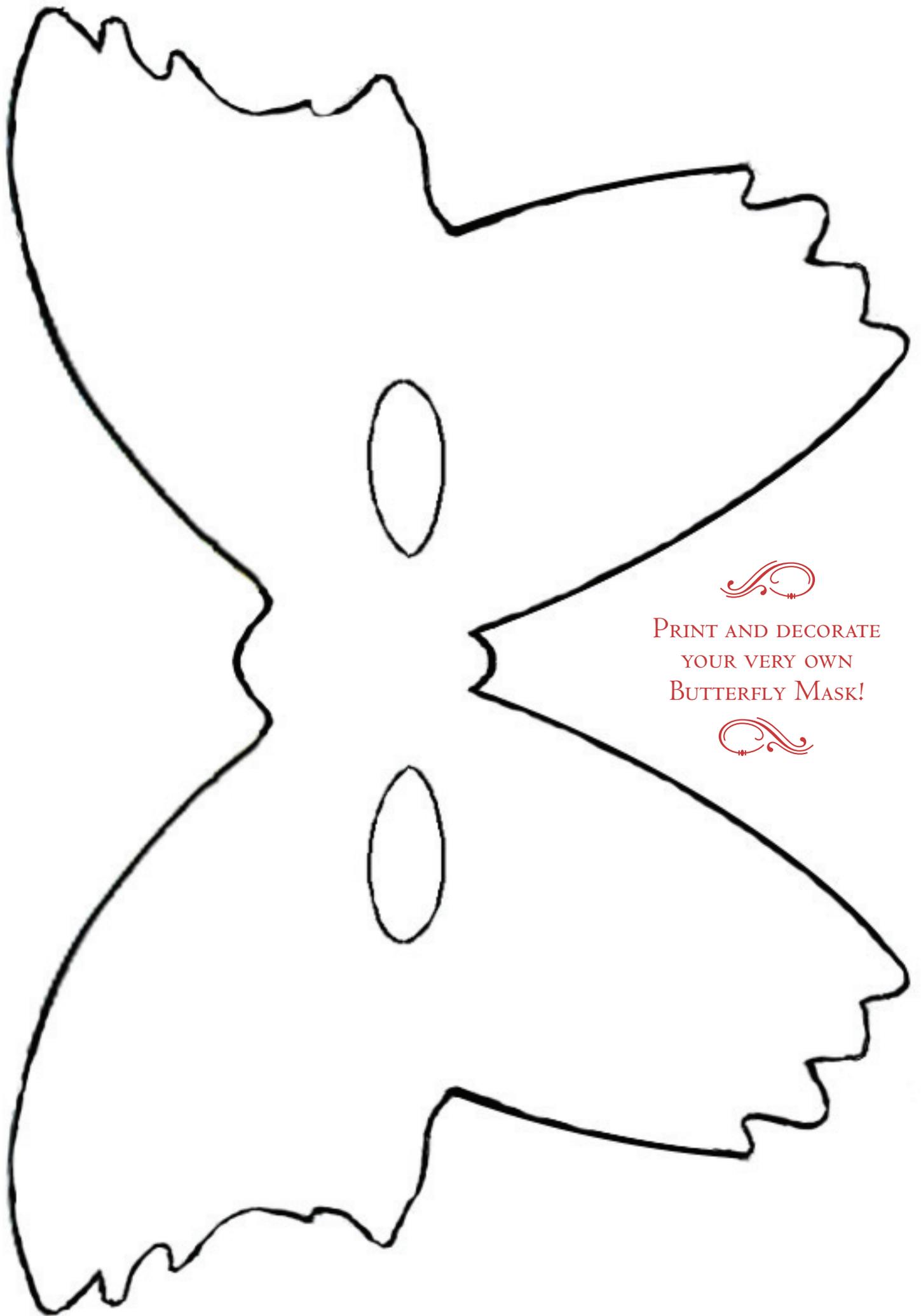


BUT WHY NOT MAKE ONE OF YOUR OWN?



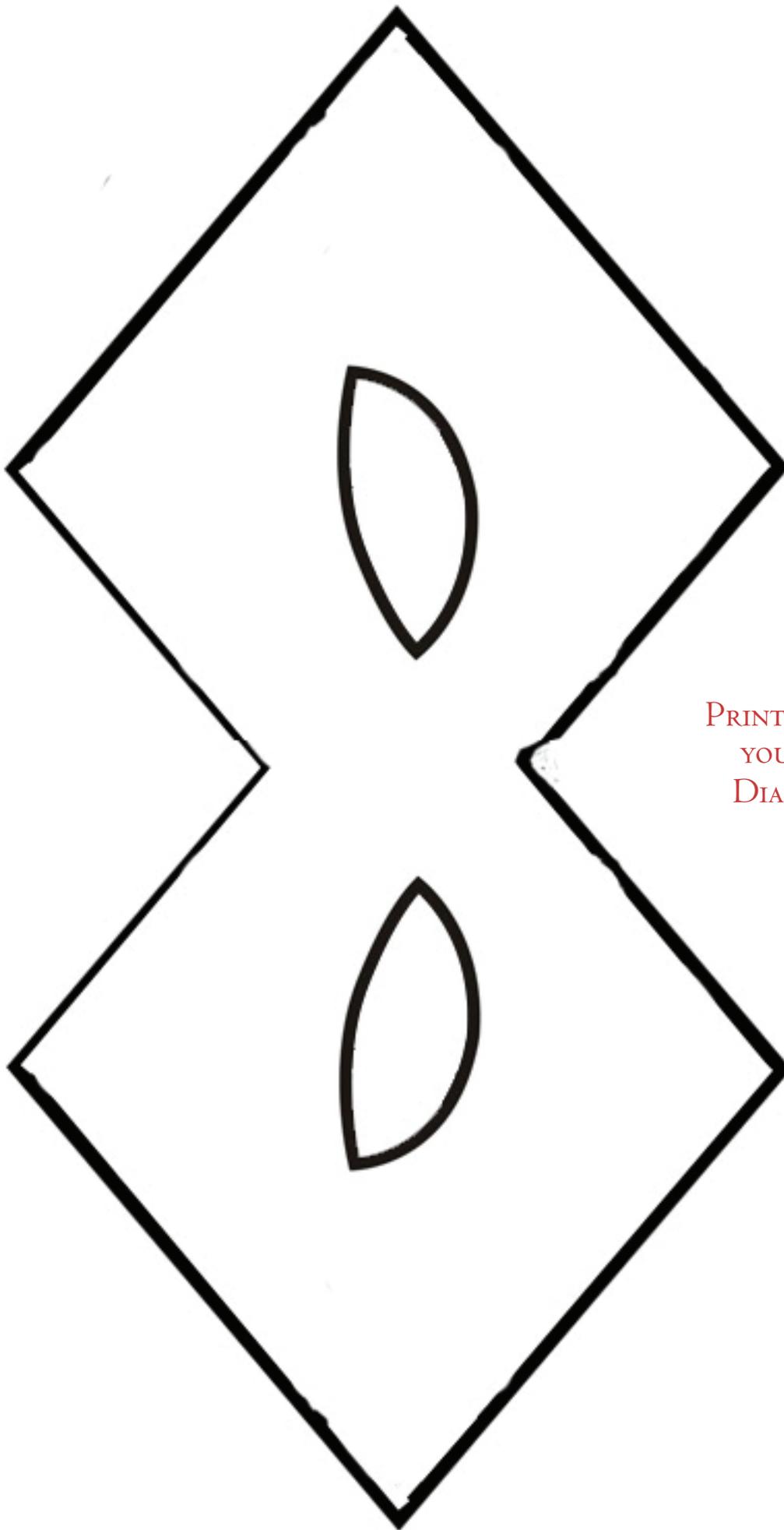
PRINT AND DECORATE
YOUR VERY OWN
HORN MASK!



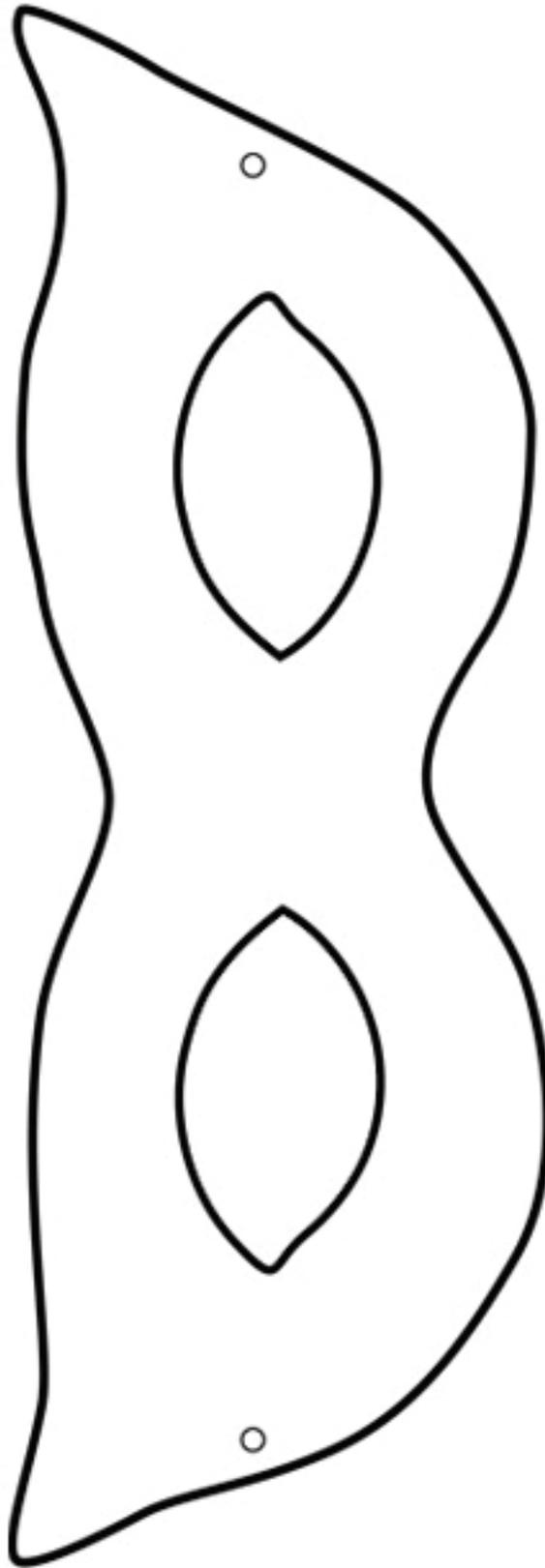


PRINT AND DECORATE
YOUR VERY OWN
BUTTERFLY MASK!






PRINT AND DECORATE
YOUR VERY OWN
DIAMOND MASK!

PRINT AND DECORATE
YOUR VERY OWN
STANDARD (A.K.A.
DOMINO) MASK!



TRIVIA QUIZ

HOW WELL DO YOU KNOW THE YOUNG MARIE ANTOINETTE?

1. On which Catholic holiday was Marie Antoinette born?
 - a. Ash Wednesday
 - b. All Souls' Day
 - c. All Saints' Day
 - d. Assumption of Mary
2. Marie Antoinette was her mother's _____ child.
 - a. Fourth
 - b. Tenth
 - c. Twelfth
 - d. Fifteenth
3. Though she is often depicted wearing powdered wigs, what was the natural color of Marie Antoinette's hair?
 - a. Brown
 - b. Blonde
 - c. Strawberry Blonde
 - d. Black
4. What was the name of Marie Antoinette's beloved pet pug?
 - a. Mops
 - b. Gus
 - c. Bo
 - d. Axl
5. Marie Antoinette was a virgin for the first _____ years of her marriage to Louis XVI.
 - a. Four
 - b. Five
 - c. Six
 - d. Seven

ANSWERS

1. Marie Antoinette was born on All Souls' Day—November 2, in 1755.
2. Her coming into the world represented the 15th time her mother, the Empress Maria Theresa of Austria suffered the pangs of labor. By then, she was such an old pro at giving birth that she killed two birds with one stone by summoning the royal dentist to extract a painful tooth while she endured her labor pains.
3. Marie Antoinette was not a flaxen blonde, as she is most often depicted. Her hair was more of a strawberry blonde color.
4. Marie Antoinette's pug, Mops, is one of history's most famous pets. Many people wonder about his odd name, but it's not so strange if you speak German. Mopshund is the German word for a pug dog!
5. Marie Antoinette remained a virgin for the first seven years of her marriage. She married Louis XVI when he was still Louis Auguste, dauphin of France, on May 16, 1770, and they didn't consummate their marriage until August 22, 1777!

OTHER FUN FACTS ABOUT THE YOUNG DAUPHINE:

- Marie Antoinette never did say the words "Let them eat cake."
- As part of the extensive "make-over" that Marie Antoinette underwent to make her more physically attractive to the French taste, in 1768 at the age of twelve, her teeth were fitted with an 18th century form of braces.
- Marie Antoinette made a mess of her own signature on her marriage contract.
- Marie Antoinette's wedding dress didn't fit properly! The bodice didn't close and there was a wide gap of bare flesh exposed on her back, which of course caused comments in the chapel at Versailles.
- Marie Antoinette did not become a fashionista until a couple of years after her marriage, when she acknowledged, with some dismay, that not only was the king's glamorous mistress Madame du Barry her rival, but her sister-in-law, the homely, but clever Savoyard princess who married the comte de Provence, was challenging her supremacy as well when it came to being the arbiter of taste at Versailles.
- Marie Antoinette had a generous and compassionate nature; long exposure to the selfishness of the Bourbon court eroded the charitable sensibilities she had learned from her mother.



HAVE AN AFTERNOON TEA, FIT FOR A QUEEN.



THOUGH MARIE ANTOINETTE hated dining in public (in front of courtiers and visitors), she quite enjoyed private breakfasts and teas spent alone or with only a few of her ladies-in-waiting. The following menu includes a few of Marie Antoinette's favorites, as well as other tasty French treats that may have been served.



HOT CHOCOLATE*

COFFEE

STRAWBERRIES
AND CREAM

CROISSANTS

MACARONS*

BRIOCHE

*Indicates recipe will follow

HOT CHOCOLATE



INGREDIENTS:

- 2 ½ cups of whole (full fat) milk
- 100g or 3 ½ ounces of good quality 80% dark chocolate –
scraped or chopped into bits
 - 2 tbsp of water
- 30g or 1 ounce brown sugar

1. Put two heavy based saucepans on medium heat.

2. In one saucepan, add a few inches of water and put a heat-proof glass mixing bowl over it so it does not touch the water. Into the glass bowl add the chopped dark chocolate and two tablespoons of water. The chocolate should melt gently in the bowl over the steam. Stir only occasionally.

3. In the second saucepan add the milk and bring it to just under a boil, then stir in the sugar. (Note: the sugar can be left out entirely for individuals to add to their own taste when served.) By melting the chocolate this way, and not adding it straight into the milk to melt, you will achieve a much creamier and smoother hot chocolate drink, and it is well worth the extra washing up.



4. Once the sugar has dissolved into the milk and the milk is at a boil, and once the chocolate has melted in the glass bowl, stir the milk into the chocolate, a little at a time.

Keep the bowl over the steam and stir continuously for a few minutes until everything has mixed in well.

5. Pour (or ladle) the hot chocolate drink into heat-proof mugs or glasses, allow to cool slightly, and drink warm. To get it frothy, as described by Alexis Soyer in 1850, use a small frothing whisk (replicating the Victorian stirring muller) before serving—either whisk it in the bowl or carefully in the cups. Nothing else needs to be added or made to go with this chocolate drink; it is perfect as it is.

MACARONS

INGREDIENTS:

- 1 ¼ cups confectioners' sugar (or powdered sugar)
- 1 cup finely ground sliced, blanched almonds (or ground almond flour)
- 3 egg whites
- pinch of salt
- pinch of cream of tartar
- ¼ cup of fine granulated sugar, sifted
- Food coloring gel in pink, green, yellow color

DIRECTIONS FOR MACARONS:

1. To make the macarons: Preheat the oven to 350 degrees. In a medium bowl, whisk together confectioners' sugar and ground almonds. In the bowl of an electric mixer fitted with the whisk attachment, whip egg whites with salt on medium speed until foamy. Increase speed to high and gradually add granulated sugar. Continue to whip until stiff glossy peaks form. With a rubber spatula, gently fold in the confectioners' sugar mixture until completely incorporated.
2. Line baking sheets with parchment paper; set aside. Fit a pastry bag with a ⅜–1 inch #4 round tip, and fill with batter. Pipe 1-inch disks onto prepared baking sheets, leaving 2 inches between cookies. The batter will spread a little. Let stand at room temperature until dry, a soft skin forms on the tops of the macarons, and the shiny surface turns dull, about 15 minutes.
3. Bake, with the door of the oven slightly ajar, until the surface of the macarons is completely dry, about 15 minutes. Remove baking sheet to a wire rack and let the macarons cool completely on the baking sheet. Gently peel off the parchment. Their tops are easily crushed, so take care when removing the macarons from the parchment. Use immediately or store in an airtight container, refrigerated for up to 2 days or frozen for up to 1 month.
4. To fill the macarons: Fill a pastry bag with the filling. Turn macarons so their flat bottoms face up. On half of them, pipe about 1 teaspoon filling. Sandwich these with the remaining macarons, flat side down, pressing slightly to spread the filling to the edges. Refrigerate until firm, about 1 hour.

MACARON FILLING:

- 3 egg whites
- 1 cup butter, softened
- 1 cup confectioners' sugar, sifted
- 1 tsp almond extract (or any flavoring you wish like lemon extract, pistachio, rose water, etc.)

DIRECTIONS FOR FILLING:

1. In the bowl of an electric mixer, whisk egg whites and sugar. Set mixer bowl over a saucepan of simmering water and heat mixture, whisking often, until it feels warm to the touch and sugar is dissolved, 3 to 5 minutes.
2. Transfer bowl to the mixer and fit with the whisk attachment. Whip on high speed until mixture is stiff and shiny, 3 to 5 minutes. Add butter, one piece at a time, and continue mixing until butter is thoroughly incorporated. The filling can be kept, covered and refrigerated, up to 1 week. Bring to room temperature before stirring.

3. VARIATIONS:

To make hazelnut-honey filling: In a small bowl, combine ½ cup of macaron filling with ⅓ cup finely ground hazelnuts and 2 tablespoons good-quality honey.

COLOR VARIATIONS AND FLAVORINGS:

- Pink Macarons: Use pink coloring gel with filling flavored with rose water.
- Yellow Macarons: Use yellow coloring gel with filling flavored with lemon extract.
- Green Macarons: Use green coloring gel with filling flavored with pistachio extract.

