



Tea Times

In this session, we are giving you six Age of Enlightenment-era recipes for our tea time: American Independence Day Cake, Orsaderolletjes (Dutch Almond Cookies), English Mini Lemon Cheesecakes, French Meringues, Mandel-Kränzlein (German Almond Wreaths), and Scottish Bannocks.

We will also have six storytime teas:

Historical Tea 1: Excerpt from *Common Sense*, by Thomas Paine

Storytime Tea 2: Excerpt from *The Life and Perambulations of a Mouse*, by Dorothy Kilner

Storytime Tea 3: *Pride and Prejudice*, Ch. VIII, by Jane Austen

Fable Tea 4: *La Fontaine's Fables*, "The Lion and the Gnat," by Jean de La Fontaine

Fairy Tale Tea 5: *Grimm's Fairy Tales*, "Little Red Cap," by the Brothers Grimm

Storytime Tea 6: *The Renowned History of Goody Two-Shoes*, Ch. 1-4, by Anonymous

"A fondness for reading, which, properly directed, must be an education in itself."

~ Jane Austen, *Mansfield Park*

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American Independence Day Cake



Ingredients:

$\frac{2}{3}$ c warm water (105 to 115°)
 $\frac{1}{4}$ oz package of active dry yeast
Pinch of sugar
4 c flour
1 tsp baking powder
2 tsp cinnamon
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp ground ginger
 $\frac{1}{4}$ tsp nutmeg
1 c (2 sticks) unsalted butter, softened
2 large eggs, lightly beaten
2 c firmly packed brown sugar
1 c buttermilk
1 T vanilla
1 c raisins
 $\frac{1}{4}$ c finely chopped dried cherries, figs,
or dried fruit of choice

Directions:

Preheat oven to 350°. In the bowl of a stand mixer, add warm water and sprinkle yeast over top, then a pinch of sugar. Let stand for 5 minutes.

In a separate bowl, mix flour, salt, baking powder, cinnamon, ginger, and nutmeg, and set aside. Once yeast is bubbling, add one cup of the flour mixture, mixing well. Stir butter in, then add sugar, vanilla, and buttermilk, mixing well. Stir in eggs until just combined.

Set aside one tablespoon of flour mixture, then stir the rest into the batter. Put dried raisins and cherries in ziplock with the tablespoon of flour, then shake the bag to coat them. Gently fold into batter, then pour into a greased bundt pan and cover with a towel, letting it rise for 1½ hours.

Bake until toothpick poked into cake comes out clean, about 50-60 minutes, then allow to cool before serving. Enjoy!

Geldersche Kkeukenmeid (Almond Cookies)



Ingredients:

2 lemons
1½ c sweet almonds
6 bitter almonds
1 c of sugar

Directions:

Zest both lemons, then juice half of one lemon and set aside. Blend lemon zest, almonds, and sugar in food processor until they have the texture of fine crumbs, then pour into a thick-bottomed pan.

Add lemon juice and heat on medium heat until sugar begins to melt, then turn heat down to low and heat for 10 more minutes, stirring frequently.

Remove pan from heat, transfer mixture to a bowl, and let cool. When mixture has cooled enough for you to comfortably touch, shape it into small rolls, then coat them in castor sugar and let cool fully. Serve and enjoy!

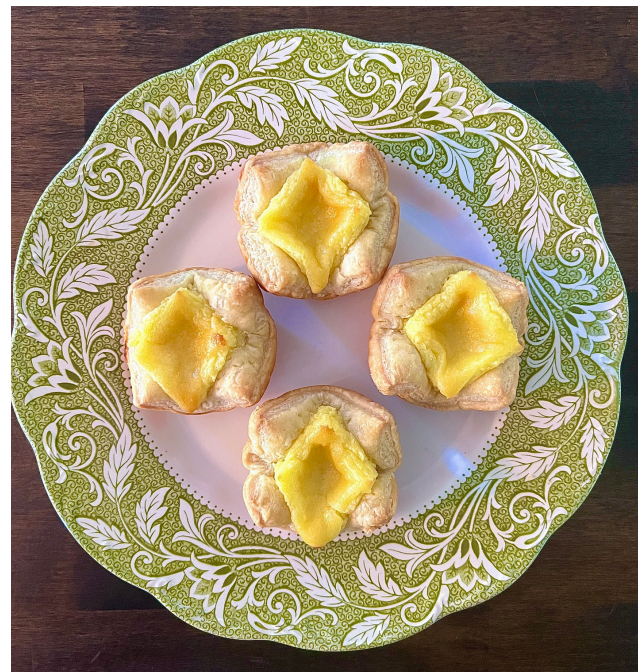
English Mini Lemon Cheesecakes

Ingredients:

2 large lemons
½ c white sugar
6 egg yolks
2 sticks of butter, melted
4oz. cream cheese
Puff pastry

Directions:

Preheat oven to 375°. Peel lemons, leaving the pith (white part) alone. Then bring water to a boil and add peels, boiling until softened. Beat into a mush using food processor, then add egg yolks, sugar, and melted butter and blend again until fully combined.



Add cream cheese, blending until smooth. Spray non-stick cooking spray into mini tart tins or muffin tins, then line with puff pastry. Fill halfway with lemon mixture, then bake until the tops are firm and golden brown, about 20-25 minutes.



French Meringues

Ingredients:

2 room temperature egg whites
¼ tsp cream of tartar
Pinch of salt
½ c sugar, superfine recommended
Optional: ½ tsp vanilla extract

Directions:

Line one or two baking sheets with parchment paper, then preheat oven to 225°.

Beat egg whites in a mixing bowl until frothy, then add salt and cream of tartar, beating until soft peaks are formed. Slowly mix in sugar a tablespoon at a time until soft peaks have formed, then fold in vanilla if using for flavoring.

Scoop or pipe tablespoons of mixture 2 inches apart on baking sheet(s), then bake for 45 minutes.

Once the baking time is over, turn oven off, but leave meringues shut inside the oven for one more hour (do not open the door or it will release heat). This will help them finish cooking. Then let cool, serve, and enjoy!



Mandel-Kränzlein (Almond Wreaths)

Ingredients:

9 oz unsalted, whole almonds, blanched
Lemon zest of one lemon
4½ T candied citron peel
3 egg whites
1½ c granulated sugar
Edible wafer papers
Fruit preserve
Optional: sugar icing

Directions:

Preheat oven to 300°. Blanch 9 oz almonds, remove skins, and finely chop. Likewise, finely chop 4½ tablespoons candied citron, then set aside and zest lemon.

Whisk 3 egg whites until stiff peaks form, then slowly add 1½ cups sugar while continuing to whisk until mixture becomes shiny and glossy. Fold almonds, lemon zest, and citron into mixture gently.

Spoon mixture into edible wafer papers, then shape each into a small circle and indent the middle, leaving it hollow. Bake for 15-20 minutes, or until set and lightly golden.

Let cool, then fill the middle with a thick fruit jam, such as apricot or raspberry. Coat tops with a small amount of sugar icing or lemon icing, then let set and serve!

Scottish Bannocks



Ingredients:

2 $\frac{5}{8}$ c ground oats
2 $\frac{1}{8}$ flour
2 tsp baking soda
1 $\frac{1}{2}$ tsp salt
1 $\frac{1}{2}$ c buttermilk
Olive oil

Directions:

If creating your own buttermilk with lemon juice or vinegar, mix that together first.

In a separate bowl, mix oats, flour, and salt. Stir baking soda into your buttermilk, then slowly pour one cup into oat mixture, mixing as you go. If dough is too dry and crumbly, add the remaining $\frac{1}{2}$ cup buttermilk- if not, set it aside.

Place dough on floured surface, then cut in half and shape into flat circles, handling it as little as possible to preserve texture.

Without cutting all the way through, indent an "X" shape into the dough, creating four distinct sections. Heat a bit of olive oil in a skillet, griddle, or pan, then add dough, shaking the pan slightly at intervals to avoid dough sticking to the bottom, but otherwise letting it brown. Once cooked all the way through, flip and let the underside brown lightly.

Alt: If baking in an oven instead, bake at 360° for 10 minutes, turn bannocks over, then bake for 10 more minutes.

Once done, it should make a hollow sound when tapped. Serve and enjoy!