



Tea Times

In this session, we are giving you six Age of Exploration-inspired recipes for our tea time: Pastel de Nata, Bread Pudding, Cherry Clafoutis, Speculaas, Torrijas, and Giobi.

We will also have six tea-time reading selections:

Story Time Tea: *Winnie the Pooh*, Ch. VIII,
"In Which Christopher Robin Leads An Expedition to the North Pole," by A. A. Milne

Historical Tea: *A Journal of the First Voyage of Vasco da Gama*, by Anonymous.

Historical Tea: *The Memoirs of the Conquistador Bernal Díaz de Castillo Part One: The Conquest of New Mexico and Spain*, by Bernal Diaz de Castillo

Story Time Tea: *Don Quixote*, by Miguel de Cervantes Saavedra

Story Time Tea 5: *The Pilgrim's Progress, Every Child Can Read* by John Bunyan

Story Time Tea: *Sea Lore and Legends*

"By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination."

~ Christopher Columbus

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English Bread Pudding



Ingredients:

8 to 10 slices stale bread (egg or white recommended)

4 eggs

3 c milk

¼ c raisins

¼ c sugar

1½ tsp vanilla

1 tsp cinnamon

¼ tsp ground cloves

Directions:

Tear bread into roughly 1 in. pieces, then set aside. In a small bowl, toss raisins in cinnamon and cloves, then set this aside as well.

Preheat oven to 375°. Beat eggs in a large bowl, then add milk, vanilla, and sugar, stirring until combined.

Grease a 9x9 baking dish with a generous amount of butter, then add a layer of bread pieces. Sprinkle with raisins, then repeat, layering bread and raisins until you have used them up.

Press the bread with a fork to pack it down slightly, then drizzle egg mixture carefully over it. Let sit about 20 minutes, or until the liquid absorbs into the bread. Bake 45 minutes - 1 hour, or until center is no longer soft and top and sides are browned. It should now be a thick, heavy pudding, rather than just individual bread pieces. Serve warm with a little syrup.

Pastel de Nata (Portuguese Custard Tarts)

Ingredients:

⅓ c water
1⅓ c white sugar
1 lemon peel, cut into strips
1 cinnamon stick
1 tsp vanilla extract
1¼ c whole milk
⅓ c all-purpose flour
¼ tsp salt
6 large egg yolks
1 sheet pre-rolled puff pastry
Powdered sugar (optional)



Directions:

Grease a 12-cup muffin tin, then preheat oven to 550°.

In a medium pot, bring to a boil water, sugar, lemon peel, cinnamon stick, and vanilla, continuing to cook until it reaches 220°F. Do not stir.

In a separate pot, mix milk, flour, and salt until combined, then cook for 5 minutes (or until thickened) over medium heat, stirring constantly. Remove from heat and cool for 10 minutes, then whisk in yolks.

Remove cinnamon stick and lemon peel from sugar mixture, then pour into the milk mixture, stirring to combine.

Carefully unroll pastry dough, then fold in half to make a rectangle. Gently roll with a rolling pin to press the two halves together. Starting at the short end of the rectangle, roll tightly to form a log, then cut into 12 pieces. Flatten each piece with the palm of your hand, then use a rolling pin to roll each piece into a very thin circle.

Add one dough circle to each muffin tin cup, pressing it into shape along the bottom and edges to form a cup. Fill each $\frac{3}{4}$ of the way with your custard mixture, then bake for 10-12 minutes, or until pastry is golden brown and custard is caramelized. Sprinkle with powdered sugar and serve warm.

French Cherry Clafoutis



Ingredients:

2 T unsalted butter
2½ c (12 oz) fresh or frozen
cherries, stemmed and pitted
3 large eggs
1 c whole or 2% milk
¼ c heavy cream
½ c + 2 T sugar, divided
½ c all-purpose flour
¼ tsp salt
1 tsp vanilla extract
⅛ tsp almond extract
Optional: Powdered sugar

Directions:

Preheat oven to 375°. Using a 10-in cast-iron skillet or a 2-qt baking dish, melt butter over medium heat, swirling it so it coats the bottom and sides. Add an even layer of cherries into skillet or dish.

In a blender, add milk, cream, eggs, ½ cup of sugar, flour, salt, and vanilla and almond extracts. Blend on medium speed until smooth and combined. Pour mixture over cherries.

Bake for 20 minutes, then take out and sprinkle remaining 2 tablespoons of sugar on top. Place it back in the oven and continue baking until golden brown (about 25-30 more minutes). The dish should be just set, wiggling slightly, and a toothpick poked in should come out clean.

Let cool for 30 minutes, then sprinkle with powdered sugar (optional), and serve!

Netherlands Speculaas Cookies

Ingredients:

1 stick butter, room temperature
¾ c brown sugar, packed
1 tsp vanilla extract
½ tsp cardamom
½ tsp ground cloves
½ tsp mace (or ½ tsp nutmeg)
1½ tsp cinnamon
½ tsp salt
1½ c all-purpose flour
½ c almond flour
1 tsp baking powder
2-4 T milk

Icing (Optional)

½ c powdered sugar
3-4 tsp milk or water



Directions:

Beat butter, sugar, spices, salt, and vanilla in large mixing bowl until combined. Mix in flour, almond flour, baking powder, and milk until stiff dough forms. Shape dough into two circles, cover with plastic wrap, and chill for 2 hours.

Preheat oven to 325°, then grease two baking sheets.

Roll each disk until dough is about ⅛ to ¼ inch thick. Cut out desired shapes (stars, circles, etc.), then put them on the baking sheets and bake until edges are slightly browned, about 15-20 minutes.

Transfer to a wire rack and let harden and cool. (Optional: stir sugar, milk, and water to create a thick but workable icing, then drizzle over cooled cookies.)

Torrijas (Spanish Toast)



Ingredients:

4 large eggs
4 cups whole milk
1 cup sugar
3 tsp ground cinnamon
3 T honey
half a lemon peel
1 loaf slightly stale French bread
extra virgin olive oil (for frying)

Directions:

Bring the milk, $\frac{1}{2}$ cup of sugar, lemon peel, 2 tsp cinnamon to a slow simmer and cook for 15 minutes. Remove from the heat.

Cut the bread in thick slices and dip them in the milk mixture until they're saturated, but not soggy. Remove the slices and allow to cool on a plate.

Heat some olive oil in a deep, heavy pan on medium-high heat. Beat the eggs in a shallow bowl and dip the bread slices in the egg mixture. Fry the slices, flipping them halfway so that both sides are crisp and browned. Remove them and let them drain on paper towels to absorb excess oil.

Mix the remaining $\frac{1}{2}$ cup of sugar with 1 tsp cinnamon in a shallow bowl, then coat both sides of the slices in the cinnamon sugar mixture.

To make the syrup, take the remaining cinnamon and sugar from coating and pour it into a medium-sized pot. (If necessary, add a bit more sugar to completely cover the bottom of the pot.) Add the warm water and bring it to a boil, stirring occasionally to dissolve the sugar.

Mix in the honey and simmer until it reduces to a syrup-like consistency, about 30 minutes. It won't be a very thick syrup, but it shouldn't be too watery. Take the syrup off of the heat and let it cool for about 15 minutes. Spoon the cooled syrup over the torrijas until they're soaked, then refrigerate for at least 4 hours, but preferably overnight. Serve cold and enjoy!

Italian Globi

Ingredients:

1 c + 1 T flour
1 c ricotta cheese
1 tsp sea salt
1 quart olive oil
⅓ c honey
1 T poppy seeds

Directions:

Mix flour, cheese, and salt in a large bowl, forming a soft dough, then roll dough into 1-inch balls. (Should make around 20-24 dough balls.) In a medium saucepan, heat olive oil on high until it is 325°, then reduce heat to medium.

Fry dough in olive oil 2-3 balls at a time. Using metal tongs, turn them every 10-15 seconds, removing once golden brown (about one to one and a half minutes). Place them on a wire rack lined with paper towels to drain, then repeat with remaining dough. Dip globi in warmed honey, then sprinkle with poppy seeds and enjoy served warm!

