



Tea Times

In this session, we are giving you five recipes for our hospitality tea: Ramses III Emmer Wheat Loaves, Sugar Cookies, Fig Cakes, Rekhmire's Tiger Nut Cones, and Sourdough Bread.

We will also have five Storytime Teas:

Storytime Tea 1: *The Girl With the Rose Red Slippers*

Storytime Tea 2: *The Sphinx and the Prince*

Storytime Tea 3: *The Brown Fairy Book*, "The Prince and the Three Fates," by Andrew Lang

Storytime Tea 4: *The Crimson Fairy Book*, "The Story of the Sham Prince, Or the Ambitious Tailor," by Andrew Lang

Storytime Tea 5: *The Instructions of Amenemope*, Ancient Egyptian Literature

"Listen to your conviction(s), even if they seem absurd to your reason."

~ Ancient Egyptian Proverb

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Ramses III Emmer Wheat Loaves



Ingredients

2 ½ c emmer flour (you can purchase emmer wheat flour online)
2 T honey
1/2 tsp instant yeast
1 c warm grape juice
½ c chopped dates (optional)
2 quarts water for boiling
⅓ c of honey

Directions

Combine the emmer flour, honey, yeast, and warm grape juice in a medium bowl. Mix the ingredients and knead into a ball. Set aside the bowl, and let the dough rise for at least one hour in a warm spot.

During this time, preheat the oven to 425° F. Start boiling the water. Once it boils, add ⅓ c of honey

After an hour, split the dough into six equal pieces and roll each one into a ball. (Add the chopped dates, if desired.)

Roll each ball of dough into a long tube, and wrap until it forms a spiral.

Gently place one bread spiral at a time into the boiling water, using a long spoon. Let the dough boil in the water for two minutes at most. Take the dough out, and put it on a baking sheet lined with parchment paper. Repeat with the remaining spirals.

Once all six spirals have been boiled, place the baking sheet in the oven for 14 to 16 minutes. Serve the bread warm, or at room temperature.

Sugar Cookies



Ingredients

3 c all-purpose flour
2 tsp baking powder
½ tsp salt
1 c butter, softened
1 c sugar
1 egg
½ tsp almond extract
1 tsp vanilla extract
Powdered sugar or flour for rolling
Cookie cutter

Directions

Preheat oven to 350°. Prepare a baking sheet with parchment paper.

Whisk together dry ingredients: flour, baking powder, and salt. Set aside.

In a mixing bowl, blend the butter and sugar until creamy and light. Add egg, almond extract, and vanilla extract. Mix well. Slowly add dry ingredients and mix until combined. Dough may be a little crumbly.

Turn out the dough onto a surface sprinkled with powdered sugar or flour.

Press into a ball and then roll out to ¼ inch thickness. Use cookie cutters to create shapes.

Carefully lift shaped cookies to the baking sheet. Using a flat spatula is recommended to help the cookies maintain their shape.

Bake cookies for 7 to 9 minutes. Do not brown the cookies. Allow cookies to cool for at least 8 minutes on the baking sheet before carefully removing to a cooling rack.



Fig Cakes

Ingredients

1 package of figs (chopped)
1 c almonds (chopped)
1 c walnuts (chopped)
Honey
Cinnamon
Nutmeg

Directions

Use a food processor to chop almonds and set aside. Chop walnuts and figs together, adding a little water if necessary to help the mixture blend. Add a pinch of cinnamon and nutmeg. Roll mixture into balls, dip in honey, and roll in ground almonds.

Rekhmire's Tiger Nut Cones

Ingredients

1 c of raw tiger nuts, (tiger nuts can be substituted with almonds)
¼ c of honey
¼ c of olive oil
½ c dates, chopped (optional)

Directions

Measure out one c of tiger nuts or almonds. Pour ½ c of hot water over the nuts and let soak for 20 minutes. Then, drain the water and use a food processor to grind the nuts into a powder.

Add the nuts, honey, oil, and dates all at once to a pan. Mix constantly on medium heat for two minutes. Then, turn the heat to a low simmer so the honey doesn't burn. Continue mixing for the next five minutes.

Turn off the heat and pour the tiger nut mix onto a plate. Let it cool for 20 minutes. Form 10 one-inch-diameter balls with your hands. Shape the balls into cones and stand them straight up.



The first recorded civilization that made sourdough bread was the Egyptians around 1500 BC. It is thought that someone left out dough and wild yeast spores in the air mixed with it causing it to rise and create sourdough bread as we know it.



Sourdough Bread

Please Note: This recipe is in grams because the ingredients need to be weighed. A kitchen scale is necessary. You will also need a 5 qt Dutch oven, plastic wrap, and parchment paper.

Ingredients

150g bubbly, active sourdough starter
250g water
25g olive oil
500g bread flour
10g fine sea salt

Directions

In a large bowl, whisk together the starter, water, and olive oil. Add the flour and salt, then squish it all together with your hands until it is fully mixed. The dough will be dry and shaggy. Cover the bowl with plastic wrap and let it rest (autolyse) for 30 minutes.

After the dough has rested, quickly work it into a rough ball inside the bowl (for about 15-20 seconds). Then cover the bowl with the plastic wrap again and allow it to bulk rise in a warm place. The dough will be ready when it has doubled in size. This can take anywhere from 3-12 hours depending on the temperature of your home.

After it has doubled, lightly flour your work surface. Remove the dough from the bowl to the floured surface. Starting at the side farthest from you, fold the dough over toward the center. Give it a slight turn, and then fold over the next section of dough. Repeat until you have come full circle.

Then flip the dough over and place it seam side down. Using your hands, gently cup the sides of the dough and rotate it, using quarter turns in a circular motion.

Add some parchment paper to the bottom of your Dutch oven, then place the dough inside for a second shorter rise (about 30 minutes to 1 hour) and cover with the lid. The dough is ready when it is slightly puffy but not double in size. (NOTE: Preheat your oven to 450° F towards the end of the second rise.)

Just before you put the dough into the oven, cut four shallow slashes in the shape of a cross (about 1-2 inches long each) in the center of the dough using a serrated knife. Each cut should be about ¼-inch deep.

Place the bread into the oven on the center rack (lid on) and reduce the temperature to 400° F. Bake for 20 minutes. Remove the lid, and continue to bake (uncovered) for an additional 40 minutes or until deep, golden brown.

Remove the bread from the oven, and cool on a wire rack for at least an hour before slicing.