



Tea Times

In this session, we wanted to highlight British culture by including a true English Afternoon Tea. Along with our recipes, we have several additional menu ideas for you to mix and match to your families' tastes! For your afternoon tea, we have Victoria Sponge Cake, Scones and Devonshire Cream, Crumpets, and Cucumber Sandwiches, as well as more ideas for different cakes, breads, sandwiches, and teas for you to choose from!

We will also have two Story Time teas and two Fairy Tale teas:

Story Time Tea 1: *Stories from the Faerie Queen*, "St. George and the Dragon" by Jeanie Lang

Story Time Tea 2: *The Sword in the Stone*, Ch. III by T.H. White

Fairy Tale Tea 3: *The Red Fairy Book*, "Jack and the Beanstalk" by Andrew Lang

Fairy Tale Tea 4: *The History of Tom Thumb* by Unknown Author

"You can never get a cup of tea large enough or a book long enough to suit me."

~C.S. Lewis

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Victoria Sponge Cake

1 ½ c softened butter
1 ⅓ c all-purpose flour
3 ¼ tsp baking powder
½ tsp salt
¾ c plus 2 T granulated sugar
3 large eggs
2 T milk
confectioners' sugar (for dusting)

Preheat oven to 350° and place a rack in the center. Grease and line the bottoms of two 8-inch round cake pans or spring pans with parchment paper.



In a medium bowl, sift together flour, baking powder, and salt.

In the bowl of an electric mixer, beat butter and sugar until light and fluffy, about 3 minutes. Beat in eggs, one at a time, until incorporated, then beat in milk, scraping down sides of the bowl as necessary. Mix in flour mixture until combined, then scrape into prepared cake pans, smoothing the top.

Bake 25 to 30 minutes or until cakes are golden brown and a toothpick inserted in the center comes out clean. Cool completely on a wire rack.

Once cool, spread jam evenly over the top of one cake. Spread whipped cream on top of jam, then top with remaining cake. Dust with confectioners' sugar and serve immediately.

Scones



3 c all-purpose flour
1 T baking powder
1/2 c granulated sugar
1/8 tsp salt
3/4 c butter
1 egg, beaten
Milk added to the egg to
equal 1 c

Sift together the dry ingredients, then cut in butter. Add egg-milk mixture, mix quickly and lightly, just until no dry particles remain. Place dough onto a lightly floured surface and knead gently for 8-10

minutes. Cut into rounds with a biscuit cutter. Place on a greased cookie sheet and bake at 425° for 8 to 12 minutes until golden. Serve with butter, Devonshire cream, jam, lemon curd, etc.

Mock Devonshire Cream

4 oz. cream cheese
1/4 c room temperature butter
1/4 c sour cream

Beat cream cheese in a standing or hand mixer until smooth. Add butter and sour cream, beating until smooth.

Crumpets

Ingredients

- 1 c water (lukewarm)
- 1 tsp instant or active dried yeast
- 1 tsp sugar
- $\frac{3}{4}$ c all-purpose flour
- $\frac{1}{2}$ tsp salt
- 1 tsp baking powder
- 1 T olive oil + 2 T softened butter (set aside)
- 4 - 6 crumpet rings for this recipe

Instructions:

1. Mix the sugar and yeast in warm water, then allow the yeast to activate for 10 minutes until it foams up.
2. Pour the yeast mixture into a bowl.
3. Add the sifted flour, baking powder, and salt to the bowl, and mix together for 2 minutes with a whisk (or 1 minute with an electric mixer).
4. Scrape down the sides, then cover the bowl and let it rest in a warm spot for 45 minutes until it's active and bubbly.
5. Heat an electric griddle or large nonstick frying pan to 375°.



6. Using a pastry brush, coat the inside of one of the rings with the butter and oil mixture, then place the ring into the hot pan.

7. Spoon the mixture into the hot ring to about halfway up. Do the same for 3-5 more rings (one at a time), careful not to overcrowd the pan.



8. After 5 minutes the classic crumpet bubbles will start to appear from the edges of the crumpets. Simply take a small pointy knife to pop any bubbles.

9. Once each crumpet has dried out around the edges, use your oven mitts to lift off the rings.



10. As the centers appear less gooey, carefully turn them over to brown off the tops.

11. Once they are golden brown, remove them from the pan and transfer them onto a wire rack to cool. (You can freeze them or keep them in the fridge until ready to eat.)

12. To serve, pop them in the toaster for a couple of minutes, then serve with butter and raspberry jam while they're piping hot. (Clotted cream is delicious on them as well.)



Cucumber Sandwiches



- Sandwich bread
- Cucumbers
- Mayonnaise
- Dill

Slice the crusts off your bread and cut into sections. Traditional tea sandwiches are cut into long rectangles, however they can also be cut into triangles or circles. Spread mayonnaise over the bread. Thinly slice a cucumber and arrange onto the bread. Top with dill and leave as is, or add another bread piece and enjoy!

Other Sandwich Options

- [Smoked salmon sandwiches](#)
- [Egg and cress sandwiches](#)
- [Ham sandwiches](#)
- [Coronation chicken sandwiches](#)
- [Roast beef sandwiches](#)
- [Sausage rolls](#)
- [Goat cheese, walnut, and roasted pepper](#)

Sweets

- [Chocolate Biscuit Cake](#)
- [Lemon cake](#)
- [Biscuits/cookies](#)
- [Lemon Tarts](#)
- [Shortbread, alt](#)

Bonus

- [Lemon curd](#)
- [Tea bread](#)