



Tea Times

In this session, we are giving you six recipes for our hospitality tea: Ancient Roman Cake, Greek Honey Cake, Maritzozi, Savillum, Greek Pancakes, and Patina de Piris (Pear Soufflé).

We will also have five Mythology Teas and one Fable Tea:

Mythology Tea 1: *Bulfinch's Mythology: The Age of Fable*, "The Trojan War," by Thomas Bulfinch

Mythology Tea 2: *Bulfinch's Mythology: The Age of Fable*, "The Iliad," by Thomas Bulfinch

Mythology Tea 3: *Tanglewood Tales*, "The Golden Fleece," by Nathaniel Hawthorne

Mythology Tea 4: *How Rome Was Founded*, by James Baldwin

Mythology Tea 5: *A Book of Myths*, "Perseus the Hero," by Jean Lang

Fable Tea 6: *Aesop's Fables*, "The Peacock and Juno," by Aesop

"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."

~ Marcus Aurelius

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Torta Antica Roma (Ancient Roman Cake)



For the Dough:

2 c pastry flour
½ c granulated sugar
1 tsp baking powder
1 pinch salt
¾ c + 2 T butter (softened)
1 large egg

Filling:

½ - 1 c strawberry jam
1 c ricotta cheese
2½ T powdered/icing sugar

Extra:

1-2 T milk (for brushing the dough)
2-3 T powdered/icing sugar (for dusting)

Directions:

Whisk together the flour, sugar, baking powder, and salt. Add the softened butter and combine to form coarse crumbs. Add the egg.

Move the dough to a lightly floured flat surface and knead gently to form a compact dough ball. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Preheat the oven to 350°. Lightly grease and flour an 8-inch pie plate.

Divide the dough in half, (refrigerate other half until ready to use) and press one half of the dough into the prepared pie pan, pricking the bottom of the dough with a fork. Spread with a layer of jam, as much as you want, and refrigerate.

While the base is chilling, beat together the ricotta and powdered sugar until creamy. Remove the dough from the fridge, spread the ricotta on top of the jam, and refrigerate.

Roll the remaining dough into a circle a bit thicker than ⅛ inch, then place on top of the ricotta and seal the edges. (The dough will be very sticky: don't worry if it breaks, just press the pieces together as best as you can. Brush with milk and bake for 30-35 minutes or until golden.

Let the cake cool completely, then dust with powdered sugar before serving.

Greek Honey Cake



Ingredients:

1 c all purpose flour
1 ½ tsp baking powder
¼ tsp salt
½ tsp cinnamon
¾ c butter
¾ c sugar
3 medium eggs
¼ c milk

For the syrup:

½ c sugar
½ c honey
¼ c + 2 T water
½ tsp lemon juice (optional)

Directions:

Preheat the oven to 350° and grease a cake pan.

In a large bowl, cream together the butter and ¾ c sugar until light and fluffy. Beat in the eggs one at a time. Fold in the flour, alternating between it and the milk and mixing until incorporated. Pour the batter into the pan and bake for 30-40 minutes or until a skewer comes out clean. Allow to cool for 15 mins.

To make the syrup:

In a saucepan, combine the honey, ½ c sugar, and water. Bring to a simmer and leave simmering for 5 minutes. Stir in the lemon juice, bringing it to a boil, and cook for a further 2 minutes.

Poke holes into the cooled cake and slowly drizzle the honey syrup over the top, letting it soak.

Maritozzi



For the buns:

1 tsp active dry yeast
¼ c water
1 ⅔ c all-purpose flour, plus more for dusting
1 egg yolk
3 T sugar
⅓ c vegetable oil
2 T milk
Pinch of salt
Zest from 1 orange

For brushing on top of buns:

1 egg yolk
1 tsp milk

For whipped cream:

1 c heavy cream
1 T confectioners' sugar
1 tsp vanilla extract

Directions:

In a mixing bowl, combine dry yeast, lukewarm water, ½ T of sugar, and 1 T flour. Whisk well, cover, and let it rest for 20 minutes. Add egg yolk, milk, oil, orange zest, a pinch of salt, and the remaining flour. Stir ingredients until combined. Transfer the dough onto a lightly floured surface and knead until smooth and elastic.

Cover and let it rise for 3 hours or until doubled in size. Line a baking sheet with parchment paper. Divide the dough into 6 buns and let them rise covered for an additional 40 minutes.

In a small bowl, combine egg yolk and milk and gently brush the buns. Bake them in a preheated oven at 350° for 15 to 20 minutes, then let cool for 10 minutes.

In a large bowl, whip heavy cream with a whisk or mixer until stiff peaks form. Gently fold in the sugar and vanilla extract into the whipped cream. Split each bun lengthwise and fill it with whipped cream.

Savillum



Ingredients:

1 c of flour
1 c of ricotta cheese
1 egg
½ c of honey
bay leaves

Directions:

Preheat the oven to 400°. Beat the ricotta cheese until it is soft and creamy, then add the egg and mix until combined. Slowly sift in flour until it forms a creamy dough. Grease a muffin tin and add a bay leaf to the bottom of each. Pour batter over the top and bake for 30-40 minutes or until golden brown. Drizzle warm honey over the top and serve immediately.

Greek Pancakes

Ingredients:

1 c flour
1 c water
2 T honey (plus more for serving)
1 T toasted sesame seeds

Directions:

Mix the flour, water, and honey together into a batter. Heat two T of oil in a frying pan and pour a quarter of the mixture in. When it has set, turn it two or three times to give it an even color. Cook three more pancakes in the same way. Serve hot with more warmed honey and sprinkled with sesame seeds.



Patina de Piris (Pear Souffle)

Patina de Piris comes from an ancient Roman cookbook called *Apicius*, written and compiled circa 500 AD. It is one of the oldest surviving cookbooks to date and is full of numerous recipes and meal plans from the Roman Empire.

For authenticity sake, we have kept the original recipe as accurate as possible, substituting where necessary for modern ingredients. (Note the addition of cumin, which was the choice seasoning of the time and will be a prominent flavor in the souffle.)



Ingredients:

- 8 large bosc pears
- ½ cup passum (I.E., raisin wine, can be substituted with grape juice boiled down)
- 1 T honey
- 1 T olive oil
- 6 eggs
- 1 tsp pepper
- ½ tsp cumin
- ½ tsp fish sauce (can be substituted with soy sauce)

Directions:

Core and slice pears, then boil until they are softened but not yet a sauce. Strain and cool for a few minutes.

Boil grape juice until it's halved in size, about ¼ c. Set aside.

Mash pears with a whisk or potato masher. Add honey, oil, pepper, cumin, and sauce. Add the boiled grape juice. Beat the eggs and add a little at a time. Bake for 30 minutes at 400° in an 8-inch soufflé dish, or bake for 1 hour at 350° in a pudding steamer.