



Tea Times

In this session, we are giving you six Industrial Revolution-era recipes for our hospitality tea: Apple Pie, Little Cakes, Parkin, Rye and Cornmeal Bread, Apple Frazes, and Plumb Cake.

We will also have three storytime teas and three fable teas:

Storytime Tea: *Oliver Twist*, Chapter II: "Treats of Oliver Twist's Growth, Education, and Board," by Charles Dickens

Storytime Tea: *North and South*, Chapter X: "Wrought Iron and Gold," by Elizabeth Gaskell

Storytime Tea: *Shirley*, Chapter II: "The Wagons," by Charlotte Brontë

Fable Teatime: *Aesop for Children*, "The Goose and the Golden Egg," by Aesop

Fable Teatime: *Aesop for Children*, "The Bundle of Sticks," by Aesop

Fable Teatime: *Aesop's Fables*, "The Charger and the Miller," by Aesop

"If the world stood still, it would retrograde and become corrupt... Looking out of myself, and my own painful sense of change, the progress all around me is right and necessary."

~ Elizabeth Gaskell, *North and South*

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Apple Pie

Ingredients:

8-10 apples
½ c sugar
½ tsp cinnamon
¼ tsp mace
1 T rose-water
1 tsp lemon zest
Unbaked pie crust

Directions

Preheat oven to 350°, then grease a pie dish and line it with crust.



Peel your apples, then dice into small chunks, about ½ inch. Set aside a tablespoon of sugar, then add the rest into a pot with 3 tablespoons of water. Stir over medium heat until sugar is dissolved, then cover and turn heat down to low. Steam apples for 5-10 minutes until softened, then drain. Stir in mace, cinnamon, lemon zest, rose water, and the tablespoon of sugar you set aside earlier until combined. Pour into pie crust and bake until golden, about 20 minutes.



Little Cakes

Ingredients:

½ lb flour
½ lb sugar
2 eggs
1½ oz. butter, melted
2 oz. coriander seeds

Directions:

Preheat oven to 350°, then grease baking sheet (or use parchment paper) and set aside. Crush coriander seeds in mortar and pestle. Optionally, you can also heat them in a dry pan ahead of time (this releases more flavor).

Stir flour, sugar, eggs, butter, and coriander seeds until thick dough has formed, then shape into a ball. Transfer to a cutting board or floured surface, then form a log shape. Slice thin circles, about ⅓-½ inches thick, off of the log, then transfer onto prepared baking sheet and cook until the edges have browned, about 15-18 minutes. Let cool and serve!

Parkin



Ingredients

2 sticks butter
1 large egg
4 T milk
200g golden syrup, light corn syrup, or
honey
85g treacle, dark corn syrup, or
molasses
85g brown sugar
100g medium oatmeal/ground oats
250g self-raising flour
1 T ground ginger

Directions

Heat the oven to 320°, then butter a square 8-inch cake pan, line with parchment paper, and set aside.

Combine egg and milk, beating with a fork, then set aside.

Melt butter, treacle, syrup, and sugar in large pan over low heat, stirring frequently until sugar has dissolved.

Remove from heat and mix flour, oats, and ground ginger into syrup, then add egg and milk.

Transfer batter into cake pan, then bake until cake is firm and slightly crisp on top, about 50 minutes to an hour.

Let cool in pan, then wrap it in parchment paper or foil and let rest for up to five days before serving to soften and allow flavors to incorporate!

Rye and Cornmeal Bread



Ingredients:

220g rye flour
280g cornmeal
350g scalding hot milk
10 g yeast

Directions:

In a large bowl, mix cornmeal, rye, and salt, then set aside. In a heavy-bottomed saucepan, heat milk on medium-low until bubbles have formed around the edges, careful to stir frequently and not let it fully boil.

It should reach around 180°. Add flour mixture to hot milk and mix with wooden spoon.

Cover and let cool, then begin kneading. We recommend having a bowl of water handy next to you to dunk your hands in and keep them clean while you work, as the mixture is very sticky at this point.

Knead thoroughly, for several minutes, then cover and let rise in a warm spot until the dough has cracked at the top.

Shape into a loaf, place on a greased pan, and let rise once more. Bake at 350° until cooked through, then serve warm!

Apple Frazes



Ingredients:

3 T butter, divided
1 large apple
3 whole eggs
2 egg yolks
½ c cream
½ c flour
1 tsp apple cider vinegar
½ tsp nutmeg
¼ c sugar

Directions:

Core apple, then cut into thick circular slices and fry in 1 tablespoon of butter until they are softened and brown.

Beat eggs, then add cream, flour, apple cider vinegar, nutmeg, sugar, and a tablespoon of butter, mixing until combined.

Carefully pour a bit of batter into a pan, place an apple slice on top, and then cover with more batter. Cook until mostly solidified, then flip and finish cooking. Repeat until all of your batter and apple slices are gone, then serve fritters warm with maple syrup or a bit of sugar sprinkled on top!

Plum Cake



Ingredients:

¼ c currants
⅛ c raisins
⅓ tsp nutmeg
⅓ tsp mace
⅓ tsp cinnamon
3 eggs
1 c milk
6 c flour
1½ c sugar
1 c butter
½ c proofed yeast (directions below)

Directions:

Cover raisins and currants in water (or apple juice for additional flavor) for at least 15 minutes, though we recommend soaking them overnight before baking!

Mix one tablespoon of yeast with a tablespoon of sugar and a tablespoon of flour, then stir in a ½ cup of warm water and let sit for 5-15 minutes, until bubbling.

Preheat oven to 350°, then butter a 12x17 inch sheet pan and set aside.

Cream butter and sugar in large bowl, then mix in nutmeg, mace, and cinnamon. Stir in eggs, one at a time, until completely combined.

Warm milk slightly in a saucepan over medium heat, then add to mixture along with yeast, mixing well. Fold in strained raisins and currents, then slowly add flour, careful not to overmix.

Pour into sheet pan, then bake until top is golden and cake is cooked through, about 35 minutes.