



Tea Times

In this session we are giving you six recipes for our hospitality tea: Ration Scones, ANZAC Biscuits, Trench Cake, Apricot Charlotte, Jam Tart, and Gingerbread Cup Puddings.

We will also have three Storytime teas, a Fairy Tale Tea, a Mythology teatime, and a Fable teatime:

Storytime Tea 1: *The Bowmen*, by Arthur Machen

Storytime Tea 2: *His Last Bow*, by Sir Arthur Conan Doyle

Storytime Tea 3: *The Kidnapped Prime Minister*, by Agatha Christie

Fairy Tale Tea: *The Old Woman In The Woods*, by the Brothers Grimm

Mythology Tea: *Tanglewood Tales: Circe's Palace*, by Nathaniel Hawthorne

Fable Teatime: *The Ass and the Charger*, by Aesop

"Tea! Bless ordinary everyday afternoon tea!"

~ Agatha Christie

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Ration Scones

During World War I, food rationing was necessary for many people on the home front. With limited resources available, it was important to ration food to ensure the soldiers on the front lines had enough to eat. So when more and more ingredients became scarce, finding creative alternatives was a must. Ration Scones were one such alternative, using chopped dates instead of sugar to sweeten the scones.



Ingredients

1 $\frac{1}{4}$ c self-raising flour (plus extra for dusting)
 $\frac{1}{4}$ c butter
 $\frac{1}{3}$ c chopped dates
1 egg, beaten with 2 T milk
A pinch of salt

Directions

Preheat oven to 425°. Rub the butter into the flour and then add the chopped dates. Add egg and milk and mix until soft. Roll dough to about $\frac{1}{3}$ - $\frac{1}{2}$ inch thickness on a floured surface and cut out circles (about six). Bake for 10 minutes or until well risen and golden brown.

ANZAC Biscuits

During the war, Australian and New Zealand soldiers had a long and grueling journey to reach the front lines, crossing continents and oceans, often under harsh conditions. Food preservation on these long journeys was a significant concern, and thus ANZAC Biscuits were born. They could be easily transported, had a long shelf life, and their high energy content helped sustain the soldiers through their difficult journeys.

Ingredients

1 c rolled oats
1 c plain flour
1 c sugar
 $\frac{3}{4}$ cup coconut
 $\frac{1}{2}$ cup butter
2 T golden syrup or honey
 $\frac{1}{2}$ tsp baking soda
1 T boiling water



Directions

Preheat oven to 300°. Combine oats, sifted flour, sugar, and coconut.

Melt butter and syrup/honey over the stove. Mix baking soda with boiling water and add to melted butter mixture. Stir into dry ingredients.

Spoon mixture and place on lightly greased cookie sheets, allowing room to spread. Bake for 20 minutes or until golden. Loosen while still warm, then cool on trays.

WWI Trench Cake



Ingredients

2 c flour
¼ c margarine
1 tsp vinegar
⅔ c milk
⅓ c brown sugar
⅓ c currants or raisins
2 tsp cocoa
½ tsp baking soda
½ tsp nutmeg
½ tsp ginger
Grated lemon rind

Directions

Preheat oven to 350° and grease an 8 inch cake pan.

Mix flour and margarine with your fingers until they look like fine breadcrumbs. Add the dry ingredients, spices, and raisins.

In a separate bowl, mix together milk, vinegar, and baking soda. Add to the dry ingredients and mix well to form a thick batter. (Continue adding milk if batter is too dry.)

Pour into cake pan and bake for 1 hour or until a knife inserted into the center of the cake comes out clean.

Apricot Charlotte

Ingredients

1 ½ c dried apricots
1 T white sugar
¼ c brown sugar
4-6 T butter
White bread (8-10 slices, crusts removed and cut into fourths)

Directions

Cover dried apricots in cold water and soak all night. When you're ready to cook, add soaked apricots to a saucepan and cover with water and white sugar. Bring to a simmer and continue cooking for 10 minutes or until water renders down to thick syrup.

Preheat oven to 350°. Grease a pudding tin with butter and scatter brown sugar on bottom. Dip bread in melted butter and line tin, squishing together to make a crust. Pour apricots and cover with more bread slices.

Cover with lid or aluminum foil and bake in an oven for 30 minutes or until bread is golden.





Jam Tart

Ingredients

2 pie crust dough
4 T seedless fruit jam
½ water
2 tsp custard powder or vanilla pudding mix

Directions

Preheat oven to 350°.

Make the custard/pudding with water and blend with jam. Bring to a simmer and stir for 3 minutes or until it is thick. Take it off the heat and allow to cool.

Meanwhile, roll out one pie crust on an 8-inch pie dish, poking holes in the bottom. Spoon in the jam mixture and spread over the top, then make a latticework pattern with strips of the remaining pie crust.

Bake for 10 minutes or until the pastry is cooked, crisp, and golden brown.

Gingerbread Cup Pudding

Ingredients

6 tsp golden syrup or honey
1 ⅓ c self-raising flour
2 tsp ground ginger
½ c oatmeal
⅓ c vegetable shortening
2 T white sugar
2 T black treacle or molasses
A little milk

Directions

Preheat the oven to 350°. Grease some muffin tins and add a teaspoon of honey in the bottom of each. Mix flour, ginger, oatmeal, shortening, and sugar. Make a well in the middle of the mixture and add the black treacle/molasses. Add enough milk to soften the batter and mix well. Spoon the mixture into each cup, to about two thirds full, cover with foil, and bake for about 20 minutes or until risen. Serve in a teacup, drizzling warm honey over the top.

