

Newman University High Tea Recipes

ALMOND BISCUITS (Cookies)

- ¾ cup self-rising flour
- 1/3 cup butter
- 1/3 cup ground almonds
- 1 Tbsp superfine sugar
- A little milk
- A few flaked almonds

Sieve the flour into a bowl and rub the butter in with the fingertips until the mixture resembles fine breadcrumbs. Stir in the ground almonds and sugar, adding a little milk, to form a soft dough. Roll the dough out on a lightly floured board, to a rectangle about 7 inches square and place on a greased baking sheet. Brush with a little milk and sprinkle over a few flaked almonds. Bake for 15-20 minutes at 375. Remove from the oven and cut immediately into fingers, then allow to cool.

Place on disposable plate, label as “Almond Biscuits” and add your name.

BLARNEY CHEESE AND ONION TART

This tart is traditionally made with Blarney cheese, a mild, buttery Irish product. But the tart is just as delicious when Fontina or Swiss cheese is used. One can plan on three tarts from a double recipe. Increase the volume of the liquids (½ plus ½ and yolks and egg) to spread between the three tarts.

YIELD: 3 tarts

For the crust:

- 1 ½ c. unbleached all purpose flour
- ¼ tspn salt
- ½ c (1 stick) chilled unsalted butter, cut into pieces
- ¼ c sour cream
- 1 egg yolk

Use cooking parchment with aluminum foil under it to shape. Cook the crust flat as follows. For the filling:

- ¼ c (½ stick) unsalted butter
- 1 ¾ lb. onions, thinly sliced
- 1 c. Half and Half
- 3 egg yolks
- 1 egg
- ¼ tspn ground nutmeg
- 1 c. grated Blarney, Fontina or Swiss cheese (about 4 oz.)

Crust: Blend flour and salt in processor. Add butter and blend in using on/off turns until mixture resembles coarse meal. Mix sour cream and egg yolk together. Add to flour mixture and blend in using on/off turns just until dough begins to form clumps. Gather dough into ball; flatten into disk and refrigerate 30 minutes. Cook the crust flat and let cool overnight; then put new parchment on the foil and shape the foil up around the flat crust. Pinch sections together to make pleats, then use scissors to trim off the top to about 3" sides. (Use a dinner plate for a pattern for the dough circle). Preheat oven to 425 degrees. Roll out dough on lightly floured surface to 13 inch round. Transfer dough to 11 inch diameter tart pan with removable bottom. Trim edges. Line crust with foil. Fill with dried beans or pie weights. Bake 15 minutes. Remove foil and beans. Continue to bake until pale golden, perching crust in pan bottom with fork if dough bubbles, about 15 minutes. Transfer to rack and cool. Filling: Melt butter in heavy large skillet over medium-low heat. Add onions and saute' until very soft golden, stirring often about 45 minutes. Season to taste with salt and pepper; cool. (Crust and onion can be prepared 1 day ahead. Cover crust and let stand at room temperature. Cover onions and refrigerate). Preheat oven to 325 degrees. Whisk half and half, yolks and egg with cheese. Ladle half and half mixture over. Bake tart until filling puffs and is golden, about 50 minutes. Cool slightly. Serve warm or at room temperature.

Place on disposable plate, label as "Blarney Cheese and Onion Tart" and add your name.

BRANDY SNAPS

- ¼ cup margarine or butter
- 3 TBSP corn syrup
- ¾ tspn baking powder
- Dash of salt
- ¼ cup granulated sugar
- ½ cup all purpose flour
- ½ – 1 tspn ginger

Pour margarine or butter, sugar and corn syrup into saucepan and heat until the margarine has melted. Sift flour, baking powder, salt and ginger together, then stir into the margarine mixture. Put a teaspoon of mixture on well-greased baking sheet very well spaced, allowing room for mixture to spread. Bake in preheated 325 degree oven for 8 – 10 minutes or until becoming firm around the edges. Cool for 2 minutes before rolling brandy snaps. To roll brandy snaps: Grease the handle of a wooden spoon, lift one cookie from the baking sheet and press around spoon, with top of cookie on the outside. Hold in position for a few seconds to give the cookie a chance to set. Slip handle out and put cookie on a wire rack. Work quickly because when the cookies start to harden they cannot be removed from the baking sheet. If this happens, return baking sheet to the oven for a minute. Store away from other cookies in a tightly covered container. Place on disposableplate, label as "Brandy Snaps" and add your name.

BRITISH FLAPJACKS

Servings: makes 16 small triangles

Ingredients

- ½ cup (1 stick) unsalted butter; cut into 8 pieces
- ½ cup (packed) golden brown sugar
- ¼ cup golden syrup *** (an English product: cannot substitute American Karo, etc.)
- 2 1/3 cups quick-cooking oats (not Instant or old- fashioned)

- Pinch of salt
- Handful of nuts is optional

Preparation

Preheat oven to 350°F. Butter 8x8x2 inch metal baking pan. Combine first 3 ingredients in heavy medium sauce pan. Stir constantly over medium-low heat until butter melts, sugar dissolves, and mixture is smooth (Don't let syrup boil or flapjacks will be tacky rather than crisp). Remove from heat. Add oats and salt; stir until coated. Transfer mixture to prepared pan and spread out in even layer.

Bake until top is golden (edges will be darker), about 25 minutes. Cool in pan on rack for 5 minutes. Cut into 4 squares; cut each into 4 triangles (mixture will still be soft). Cool completely in pan before serving. Alert: don't get busy and forget to cut before flapjacks are totally cool. Once totally cooled, cutting is a bit of a challenge.

*** Look for Lyle's Golden Syrup. Dillons no longer carries it. Can be purchased at World Market, 2423 N. Greenwich Road, for \$5/bottle.

CARROT CAKE

This is deliciously sweet and light-textured cake—which doesn't taste of carrots—is covered with an unusual frosting made with soft cheese. Makes a 20 cm/8 in round cake. From *Afternoon Teas: Homemade Bakes & Party Cakes*, by Valerie Ferguson, London: Hermes House, 2007. Ingredients 1 cup corn oil 1 cup sugar, scant 3 eggs 1 ½ cups plain (all-purpose) flour 1 ½ tsp baking powder 1 ½ tsp baking soda ¾ tsp salt 1 ½ tsp ground cinnamon A pinch of freshly grated nutmeg ¼ tsp ground ginger 1 cup chopped walnuts 2 large carrots, finely grated 1 tsp vanilla essence (extract) 2 tbsp sour cream For Frosting ¾ cup full-fat soft cheese (cream cheese) 2 tbsp butter softened 2 cups confectioners' sugar, sift 8 tiny carrots made from orange and green colored marzipan to decorate (optional) 1. Preheat the oven to 350° F. Grease two 20 cm/8in loose-based round cake pans and line them with baking parchment. 2. Put the corn oil and sugar into a bowl and beat well. Add the eggs, one at a time, and beat them very thoroughly in to the mixture. 3. Sift the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger into the bowl and beat well. Fold in the walnuts and carrots and stir in the vanilla essence and sour cream. 4. Divide the mixture between the prepared tins and bake in the centre of the oven for about 1 hour 5 minutes, or until skewer inserted into the center of the cake comes out clean. 5. Leave the cake in the tins for 5 minutes then turn out to cool on a wire rack. For the frosting; mix the soft cheese, butter, and confectioners' sugar together in a bowl. Beat until smooth. 6. Sandwich the cooled cakes together with a little of the frosting. Spread the remaining frosting over the top of the cake and down the sides, making a swirling pattern with a round-bladed knife. Just before you are ready to serve the cake, decorate the top with the orange and green marzipan carrots, arranged in an attractive pattern.

Place on disposable dish, label as "Carrot Cake," and add your name.

CARROT & MARMALADE GINGERBREAD WITH GINGERED ORANGE CREAM CHEESE

YIELD: 30 gingerbread strips

For the gingerbread:

- ½ stick (¼ cup) unsalted butter, softened
- ¾ c. sugar
- 1 TBSP ground ginger
- ¼ cup unsweetened orange marmalade
- 2 eggs room temperature, beaten lightly
- 1 cup coarsely grated carrot
- 1 ½ cup all purpose flour
- ½ tspn salt
- 1 tspn baking soda
- 1 tspn double acting baking powder

For the ginger orange cream cheese:

- ½ cup unsweetened orange marmalade
- 8 oz. Cream cheese, softened
- 1 tspn ground ginger

Gingerbread: In the bowl of an electric mixer cream together the butter and the sugar until the mixture is light and fluffy and beat in the ginger and the marmalade. Add the eggs, beating, beat the mixture until it is smooth and stir in the carrot. Sift together into the bowl the flour, the salt, the baking soda and the baking powder and stir the batter until it is just combined. Pour the batter into a buttered and floured loaf pan, 8 ¼ X 4 3/8 X 2 ½ inches, smoothing the top, and bake the gingerbread in the middle of a preheated 350 F oven for 50 minutes, or until a toothpick comes out clean. Let the gingerbread cool in the pan on a rack for 10 minutes. Loosen the edges with a knife, invert the gingerbread onto the rack, and let it cool for 2 hours. The gingerbread may be made 3 days in advance and kept wrapped tightly in plastic wrap and chilled. Ginger Orange Cream Cheese: Strain the marmalade through a fine sieve into a bowl, pressing on the rind with the back of a spoon, reserve the jelly for another use and chop the rind. In the bowl of an electric mixer, beat the cream cheese with the chopped rind and ginger until the mixture is smooth. Transfer the mixture to a pastry bag fitted with a #48 basket weave tip or other decorative tip. Remove the top crust from the gingerbread and reserve it for another use. Cut the gingerbread horizontally into three ½ inch thick slices with a long serrated knife and put the slices on a baking sheet lined with wax paper. Pipe the cream cheese mixture decoratively along both long side of each slice and chill the slices, covered loosely, for 1 hour, or until the cream cheese is firm. With a narrow sharp knife, cut the bread crosswise into ¾ inch wide strips. The gingerbread strips may be made 12 hours in advance and kept covered and chilled. Let the gingerbread strips stand at room temperature for 30 minutes before serving.

Place on disposable plate, label as “Carrot Gingerbread” and add your name.

CHESHIRE CHEESE TART

YIELD: 8 servings

Pastry:

- 1 cup plus 2 TBSP all purpose flour
- ¼ tspn salt
- 6 TBSP cold butter
- 3 to 4 TBSP ice water

Filling:

- ¼ lb. ham, chopped fine
- 1 tspn dry mustard
- 6 oz. Cheshire or Cheddar cheese, grated and divided
- 2 TBSP butter
- 3 TBSP flour
- 1 cup milk, scalded
- 4 eggs separated, room temperature
- 1 egg beaten with 1 TBSP milk

Pastry: In medium bowl, combine flour and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle in water, tossing with fork, until pastry is moist enough to hold together. Refrigerate at least 30 minutes. ON lightly floured surface, roll pastry 1/8 inch thick. Fit into 9 inch pie plate. Preheat oven to 400 degrees F. In small bowl, combine ham and mustard; sprinkle in pastry shell. Top with one third of cheese. In small saucepan, melt butter. Stir in flour and cook, stirring 2 minutes. Stir in milk. Bring to a boil; reduce heat and cook, stirring occasionally, 10 minutes.. Remove from heat; whisk in egg yolks and remaining cheese. In medium bowl, beat egg whites until stiff peaks form; fold into cheese mixture. Pour into shell. Brush edge of shell with egg-milk mixture. Bake 30 minutes. Place on disposable dish, label as “Cheshire Cheese Tart” and add your name.

CRUNCHY-TOPPED MADEIRA CAKE

Cake Ingredients:

- 1 cup butter, softened (use butter, not margarine)
- 2/3 cup granulated sugar
- 3 eggs
- 1 tsp almond extract
- 2/3 cup all-purpose flour
- 1 ¼ cups self-rising flour (or substitute 1 ¼ cups all-purpose flour and 1 ½ teaspoons baking powder and a pinch of salt. I used this instead of the self-rising flour.)

Topping Ingredients:

- 3 Tbsp honey
- ½ cup sliced almonds

1. Preheat oven to 350 degrees. Grease and line a 9”x5” loaf pan.
2. Beat the butter and sugar in a bowl until light and fluffy. Beat in the eggs, one at a time, then add the almond flavoring.
3. Sift together the flours, then stir into the egg mixture. (Mixture will be very stiff.) Pour into prepared pan and smooth the surface.
4. Bake 45-50 minutes or until a toothpick inserted into the center of the cake comes out clean. Leave the cake in the pan for about 5 minutes then turn out on a wire rack, peel off the lining paper and leave to cool completely.
5. To make the topping, place the honey and almonds in a small pan and heat gently until the honey melts.
6. Remove from the heat, stir briefly to coat the almonds and then spread over the warm cake.

CUCUMBER SANDWICHES WITH MINT BUTTER

Simple and elegant, cucumber sandwiches are the stuff of tea time. With a handful of mint leaves added to the butter, these are especially tasty.

YIELD: 4 sandwiches or 16 quarters.

Seal tightly to prevent drying.

- ¼ cup (½ stick) butter, softened
- 2 TBSP fresh mint leaves, chopped
- 8 very thin slices white bread, crusts removed
- ½ large cucumber, peeled and thinly sliced

In a small bowl, combine the butter and mint. Mix well. Spread the mint butter on the bread slices. Lay the cucumber on 4 of the slices and top with the remaining bread to make 4 sandwiches. Cut them in half diagonally. Place on disposable plates, label as “Cucumber Sandwiches” and add your name.

CURRENT SCONES

Serve with cream and strawberry jam.

YIELD: 24 to 30 scones.

- ¾ cup dried currants
- 3 TBSP brandy
- 4 ½ cups flour
- 2 tspn baking powder
- ½ tspn baking soda
- 2 TBSP sugar
- 1 cup butter, cut in 16 pieces (butter, not margarine)
- ½ cup milk
- 1 cup plus 2 TBSP whipping cream (set aside to drizzle over top)

Combine currants and brandy in small bowl; set aside. Sift together flour, baking powder, baking soda and sugar and put in mixing bowl or food processor fitted with steel blade. Add butter; cut in by hand or process until it resembles coarse meal. Add milk and 1 cup cream and blend by hand or process until the dough holds together. Remove from bowl. Drain currants and gently knead into dough on a lightly floured board. Preheat oven to 375 degrees. Divide dough into 6 balls. On lightly floured board, roll 1 ball at a time into a ½ inch thick circle. Using a sharp knife, cut dough into 8 pie shaped wedges. Place 1 inch apart on a greased baking sheet; brush tops with heavy cream and bake 10 to 12 minutes or until puffed and golden.

Place on disposable plates, label as “Currant Scones” and add your name.

HINT: Whipping cream is generally sold by the cup and you might not want to buy another cup just for the 2 TBSP you need to brush on the tops. Pour whipping cream into a measuring cup that measures at least 1 ½ cups, take out 2 TBSP of cream, and then fill it to the 1 ½ cup mark with milk. Should you need any clarification, contact Shirley Rueb, Registrar, who is an expert at these scones!

CURRENT TART

A sweet, buttery dessert that's a snap to make. It's excellent with tea.

YIELD: 8 servings

- 2 cups dried currants
- ¼ cup ruby Port
- 2/3 cup sugar
- 3 TBSP unsalted butter, room temp
- 2 large eggs
- All ready Pie Crust
- Combine currants and Port in small bowl. Let stand 30 minutes.

Meanwhile, preheat oven to 400 F. Press out crust on lightly floured work surface to remove creases. Transfer to 9 inch diameter tart pan with removable bottom. Line crust with aluminum foil. Fill foil-lined crust with dried beans or pie weights and bake 10 minutes. Remove foil and beans from crust. Bake crust until pale golden, about 5 minutes more. Transfer to rack. Reduce oven temp to 375 F. Using electric mixer, beat sugar and butter in medium bowl until combined. Beat in eggs one at a time. Stir in currant mixture. Spoon filling into crust. Bake until filling is golden brown, covering edges with foil, for about 25 minutes. Transfer to rack and cool 15 minutes. Remove tart from pan.

Place on disposable dish, label as "Currant Tart" and add your name.

Hint: Since only ¼ cup of Port is needed, you may want to split the cost of the bottle with other participants, using the same recipe.

CURRIED EGG SANDWICHES

Use 1 or 2 loaves of "very thin" sandwich bread, wheat or white (Earth Grains and Pepperidge Farm is fine).

YIELD: 16 quarters

- 6 hard cooked eggs, chopped
- ½ cup mayonnaise
- 1 tspn curry powder or more to taste
- ½ tspn salt
- ¼ tspn pepper
- 8 slices of white bread, buttered

Mix all ingredients except bread. Spread between bread slices. Let butter set to room temperature for easy spreading. Cover with wax paper to avoid drying out.

Place on/in disposable plate/packaging, label as "Curried Egg Sandwiches" and add your name.

GINGERBREAD

The special gingerbread one has for tea in England, and occasionally in this country, is very different from the gingerbread we are used to, which really is a bread. English tea gingerbread is a cake, and it has a rather different texture and flavor.

- 3 cups flour
- 2 tspn ground ginger
- 1 tspn baking soda
- 2/3 cup currant
- 2/3 cups coarsely chopped blanched almonds
- ½ cup vegetable shortening
- ½ cup golden corn syrup
- ½ cup molasses
- 1/3 cup sugar
- 1/3 cup milk
- 1 large egg

Into a mixing bowl, sift flour, ground ginger and baking soda. Mix in currants and blanched almonds. In a saucepan, gently heat vegetable shortening, corn syrup, molasses and sugar until the shortening is melted and the sugar is dissolved. Let the mixture cool, and with a wooden spoon, work it into the flour mixture with 1/3 cup milk. Beat in one large egg. Pour into 9 x 13 pan. Bake at 325 F, checking with toothpick after 40 minutes. Continue to bake in short intervals until done (up to 1 hour).

Place on disposable plate, label as “Gingerbread” and add your name.

DOWNTON ABBEY BAKEWELL TART

Crust

The original recipe is a complicated affair that basically yields pie crust dough. I don't have time to be bothered so I just use my usual pie crust recipe—which is what most Bakewell Tarts call for anyway. Or could use prepared pie dough like Pillsbury.

Pre-heat oven to 375 degrees.

For dinners or dessert: Roll out chilled dough and place in a 9” pie plate or tart pan. I used a pyrex pie plate. A spring form pan would also work. It needs to have some depth so filling doesn't boil over. I don't know if the disposable tinfoil pie pans are deep enough for this recipe.

Blind bake the pastry for 10 minutes and remove from oven and maintain 375 temp.

For High Tea: Although a whole tart/pie makes a beautiful presentation, it is tricky to cut into small pieces for serving to the mob. Therefore, the tea committee would like bakers to cut pie crust into small squares and insert them into miniature muffin cups. No blind baking. Put a dollop of jam in the bottom and cover with layer of frangipane and bake as directed below. Tartlets probably will need less cooking time than whole pies.

Filling

Ingredients

- ½ cup raspberry or other jam (actually, I think I used about ¾ cup)

- ½ cup unsalted butter, room temp.
- 2 T grated lemon zest
- ½ cup all-purpose flour
- ½ cup ground almonds
- 1 cup sugar
- 3 large eggs, beaten
- ¼ tsp almond extract
- ¼ cup flaked almonds

Preparation

1. Cream butter, sugar and zest for about 4 minutes with electric mixer. Add the beaten eggs and mix well. Add the flour, ground almonds, almond extract and mix well.
2. Spread jam on crust; then spoon/pour the frangipane mixture over the jam
3. Top with flaked almonds.
4. Bake 25-30 minutes or until filling is puffed, baked through and golden brown all over. If pie pan is glass, it will cook faster. I needed only about 23 minutes. If baking tartlets, will probably require less cooking time.

GINGER LOAF WITH APRICOT-RICOTTA SPREAD

Loaf Ingredients:

- ¼ butter, softened (use butter and not margarine)
- ¾ cup sugar
- ¼ cup molasses
- 1 egg
- 2 cups all-purpose flour
- 1 tsp ground ginger
- Dash of salt
- ¾ tsp baking soda
- ¾ tsp ground cinnamon
- ¼ tsp ground cloves
- ¾ cup milk

Filling (Spread) Ingredients:

- 1 cup ricotta cheese
- ½ cup finely chopped dried apricots
- ¼ cup powdered sugar
- 1 tsp grated orange peel

In a large bowl, cream the butter, sugar and molasses until light and fluffy. Add egg; beat well. Combine flour, ginger, salt, baking soda, cinnamon and cloves; add to the creamed mixture alternately with the milk, beating well after each addition. Transfer to a greased and floured 9"x5" loaf pan. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. In a small bowl, combine the Filling ingredients.

Cut the edges off the cooled loaf and cut into 16 slices. Spread 2 tablespoons prepared spread over each of eight slices; top with remaining slices. Cut each “sandwich” into four 1-inch wide strips. Yield: 32 “sandwiches”.

IRISH CARAWAY RAISIN SODA BREAD

- 2 c. unsifted all purpose flour
- 2 TBSP sugar
- 2 tspn baking powder
- 1 tspn baking soda
- ½ tspn salt
- ½ c seedless raisins
- 1 TBSP caraway seed
- 1 c buttermilk
- 1 TBSP melted butter
- *1 bottle good Catholic Irish whiskey

Take a wee dram of whiskey to fortify yourself for the upcoming labors Preheat oven to 375F. Lightly grease a small baking sheet In a large bowl, sift flour, sugar, baking powder, soda and salt. Take another wee dram. Add raisins and caraway seeds to dry ingredients. Cut in softened butter with a pastry blender or fork until the mixture looks like fine crumbs. Add buttermilk; mix in with fork only until dry ingredients are moistened. Optional – another wee dram. Turn out on lightly floured pastry cloth or board. Knead gently until smooth 0 about 1 minute. If you need it, another wee dram. Shape into a ball. Place on prepared baking sheet. Flatten into a 7inch circle (Dough will be about 1 ½ inches thick.) Press a large floured knife into center of loaf to about ¼ inch from the bottom. Repeat, at right angle, to divide loaf into quarter. If you can see the oven, have another wee dram. Bake 30 – 40 minutes, or until top is golden and loaf sounds hollow when tapped. (It will sound like the tapping of your head after so many wee drams). Remove to wire rack to cool. Brush top with melted butter. Invite a neighbor to celebrate your success with a few wee drams.

Place on disposable tray, label as “Irish Soda Bread” and add your name

*Not that it should be whiskey made by good Irish Catholics, but that it should be a good whiskey drank by Irish Catholics.

LEMON BREAD

YIELD: 1 loaf

- 1 cup sugar
- ½ cup milk
- 6 TBSP soft butter
- 2 eggs
- 1 ½ cups flour
- 1 tspn baking powder
- 1/8 tspn salt
- finely grated zest of 1 lemon (1TBSP)

Lemon Glaze: Mix and heat ½ cup sugar and ¼ cup fresh lemon juice until sugar is dissolved and mixture is hot.

Mix first 4 ingredients. Stir in all else. Bake in greased and floured loaf pan. Bake 1 hour at 325 F. Cool 10 minutes. Remove from pan. Pour lemon glaze slowly over surface.

Place on disposable tray, label as “Lemon Bread” and add your name.

LEMON CURD TARTLETS

Leftover lemon curd can be refrigerated one week and can be used as a spread for toast or cookies.

YIELD: 16 tartlets. Double if possible.

For the dough:(Boxed pie dough is OK to use, or purchase pre-made tartlet crusts from Sysco via the ASC Convent chef)

- 1 cup (2 sticks) unsalted butter, room temperature
- ½ c. confectioner’s sugar
- 1 tspn. vanilla extract
- 2 c. all purpose flour
- ½ c. almonds, finely chipped
- Pinch of salt

For the lemon curd:

- 4 TBSP butter
- 3 eggs
- 1 c. sugar
- Juice and finely grated zest of 2 lemons

In a large bowl, cream butter and sugar. Add vanilla and beat well. Mix in flour, almonds and salt until evenly distributed. Divide dough in half and wrap each half in foil: chill at least 1 hour. Working with half the dough at a time, roll out to about 1/8 inch thick. Fit into 1 ½ inch tartlet pans or mini-muffin tins. Bake in preheated 325 F oven for 25 minutes or until pale golden. Cool completely. Lemon Curd: Melt butter in top part of double boiler over barely simmering water. Wisk in eggs; add sugar and whisk until thoroughly combined. Add lemon juice and zest gradually while whisking constantly. Cook over simmering water until thickened, while continuing to whisk. Makes 2 cups. Cool to room temperature than pour into tartlet shells. Suggestions:

- Use salted butter.
- Pecans can be used instead of the almonds
- Using mini tins, the recipe does not have to be doubled. It makes 2 dozen even.

Place on disposable plates, label as “Lemon Curd Tartlets” and add your name.

LEMON GINGER POUND CAKE

Lemon and fresh ginger are a perfect marriage and nowhere is their compatibility more apparent than in this buttery pound cake glazed with sweetened lemon juice.

- 3 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup (2sticks) butter, softened
- 2 cups sugar
- 3 tablespoons freshly squeezed lemon juice for glaze
- 4 eggs
- 1-cup milk
- grated zest of 2 lemons
- 2 teaspoons grated fresh ginger
- ¼ cup confectioner's or powdered sugar for glaze

Preheat oven to 350 degrees. Butter and flour 4 7/8 x 3 ½ inch loaf pans or two 9 x5 inch loaf pans. Shake out any excess flour. In a medium bowl, sift together the flour, baking powder and salt. Set aside. In the large bowl of an electric mixer, cream the butter and sugar at a medium speed until they are fluffy, scraping the side of the bowl often. Add the eggs one at a time, beating well after each addition. Add the flour mixture to the batter, alternating it with the milk and beating at low speed until blended. Fold in the lemon zest and ginger. Divide the batter evenly among the prepared pans. Bake for 45 to 50 minutes for small loaves or 60 to 65 minutes for large loaves, or until a toothpick inserted into the center of the cake comes out clean. Cool the cakes still in the pans for 10 minutes on wire racks. While the cakes are cooling in the pans, combine the sugar and lemon juice in a small bowl and mix well. Remove the cakes from the pans and set them on the racks placed over sheet pans for foil. Brush the lemon glaze on the cakes while they are still hot.

Please put on disposable plate, label as “Lemon Ginger Pound Cake” and add your name.

MAIDS OF HONOUR

Maids of Honour, those delectable, short, almond flavored little cakes that hail from Richmond in Surrey, England, are said to have been invented for Henry VIII, which goes to show that this boisterous monarch was a connoisseur of other things than wives. They have been a part of the traditional English afternoon tea for centuries. Don't overfill.

YIELD: 28 tarts

DOUGH (or use pre-packaged dough)

- 1 ½ cups flour (regular)
- 4 tspn sugar
- 1/8 tspn salt
- 3 TBSP butter or Crisco
- 1 egg yolk
- 1 cup milk

FILLING

- ¼ cup soft white bread crumbs

- 1 stick or ½ cup butter
- 6 TBSP sugar
- Grated rind of 2 lemons
- 2 large eggs
- 1/3 cup ground almonds

DOUGH: Into a mixing bowl, sift 1 1/2 cups flour, 4 tspn sugar and 1/8 tspn salt. Work in 3 TBSP each of butter or Crisco until the mixture resembles meal. Blend in 1 egg yolk and enough cold water to make stiff but malleable dough. Roll it out 1/8 inch thick on a lightly floured board. With a fluted 2 ½ inch cutter, cut out 16 rounds, reserving the remaining dough for another use. Fit the rounds into buttered 1 ½ inch tartlet tins. **FILLING:** In a saucepan, combine 1 cup milk with ¼ cup soft white bread crumbs and bring the mixture to a boil over moderate heat. Remove the pan from the heat and let the mixture cool for 4 minutes. Stir in 1 stick or ½ cup butter, cut into small pieces, 6 TBSP sugar and the grated rind of 2 lemons. Beat in 2 large eggs and blend 1 1/3 cups ground almonds. Fill the shells with the mixture and bake the tartlets in a hot oven (425 F) for 20 minutes or until the pastry is browned and the filling is set. Transfer the tartlets to a rack and let them cool.

Place on disposable dish, label as “Maids of Honour” and add your name.

Suggestions: Instead of using tartlet tins, one can use mini-muffin tins. Form dough in a ball the size of a walnut. Shape dough in tin and fill with almond mixture. If using this method, double the filling recipe.

MOCHA VIENNESE SWIRLS

Some temptation just can't be resisted. Put out a plate of these melt-in-the-mouth marvels and watch them vanish. Makes about 20. From *Afternoon Teas: Homemade Bakes & Party Cakes*, by Valerie Ferguson, London: Hermes House, 2007. Ingredients scant 1 cup unsalted (sweet) butter, softened, plus extra for greasing ½ cup confectioners' sugar 4 oz plain (semisweet) chocolate 2 tbsp strong black coffee (brewed) scant 2 cups plain (all-purpose) flour ½ cup cornstarch For the Decoration About 20 blanched almonds 5 oz plain (semisweet) chocolate 1. Preheat the oven to 375° F. Lightly grease two large baking sheets. Break the chocolate into squares and melt in a bowl over hot water. Cream the butter with the confectioners' sugar in a bowl until smooth and pale. Beat in the melted chocolate, then the coffee. Sift the plain flour and cornstarch over the mixture. Fold in lightly to make a soft mixture. 2. Spoon the mixture into a piping bag fitted with a large star nozzle and pipe about 20 swirls on the baking sheets, allowing room for spreading during baking. 3. Press an almond into the center of each swirl. Bake for about 15 minutes, or until the biscuits are firm and just beginning to brown. Leave to cool for about 10 minutes on the baking sheets, then transfer to a wire rack to cool completely. 4. When cold, melt the plain chocolate for the decoration, and dip the base of each swirl to coat. Place the coated biscuits on a sheet of non-stick baking paper and leave to set. Cooking Tips: If the mixture is too stiff to pipe, soften it with a little more black coffee. Place on disposable dish, label as “Mocha Viennese Swirls” and add your name.

PECAN SOUR CREAM POUND CAKE

This cake may be made one day in advance and kept covered at room temperature.

- 2 sticks (1 cup) salted butter
- 1 ½ cups granulated sugar
- ¾ cup sour cream
- 5 large eggs at room temp, beaten lightly

- 2 tsp vanilla (optional)
- 2 cups chopped pecan pieces
- 2 ½ cups all purpose flour (or self-rising flour)
- 1 tsp salt (if not using self-rising flour)
- 2 tsp baking powder (if not using self-rising flour)
- 1/3 cup brown sugar
- 1 ½ teaspoon sugar
- 1 ½ teaspoon cinnamon
- 1/8 teaspoon salt

In the bowl of an electric mixer cream together the butter and the granulated sugar until the mixture is light and fluffy, add the sour cream and beat the mixture until it is combined well. Beat in the eggs, a little at a time, and beat the mixture until it is mixed. Add vanilla if desired. Combine 1 cup of the pecans with 1 cup of the flour, stir the mixture into the egg mixture with the remaining 1 ½ cups of flour (and salt and baking powder for leavening if not using self-rising flour) and stir the batter until it is mixed. In a small bowl combine well the remaining 1 cup pecans, chopped coarse, the brown sugar, the cinnamon and the salt. Spoon half the batter into a buttered and floured 9 1/2 by 3 1/2 inch tube pan with removable bottom, spreading the batter evenly, and sprinkle half the brown sugar mixture over the top. Spoon the remaining batter into the pan, spreading it carefully over the brown sugar mixture, and draw a knife through the batter in a circle 3 times. Sprinkle the remaining brown sugar mixture over the top and bake the cake in the middle of preheated oven 325 degrees for 1 hour and 15 minutes to 1 hour and 25 minutes or until a toothpick inserted in the center comes out clean. Let the cake cool in the pan on a rack for 1 hour. Remove the tube section from the pan, run a thin spatula under the cake to release the bottom and with 2 long spatulas lift the rack off the tube section onto a rack. Let the cake cool completely on the rack.

Place on disposable dish, label as “Pecan Sour Cream Pound Cake” and add your name.

POPPY SEED BREAD

Great to give as a gift or for high tea bread/cake.

YIELD: 2 loaves

- 3 cups flour
- 2 ½ cups sugar
- 1 ½ tspn baking powder
- 1 ½ tspn salt
- 1 ½ tspn almond extract
- 2 ½ TBSP poppy seeds
- 1 ½ cups milk
- 1 ¼ cups oil
- 3 eggs
- 1 ½ tspn vanilla

Mix for 2 minutes. Bake in 2 greased and floured bread pans for one hour at 350F. Remove from pan. While hot, brush on glaze. Glaze: ¾ cup sugar, ¼ cup orange juice, 3 TBSP melted margarine, ½ tspn vanilla, ½ tspn almond extract

Place on disposable dish, label as “Poppy Seed Bread” and add your name.

POTTED SHRIMP SANDWICHES

- 2 cans cheap, broken, tiny cocktail shrimp, partially drained and mashed with fork
- 1 tspn fresh dillweed (or ½ tspn dried)
- 2 tspn horseradish
- ¼ tspn salt
- 8 oz. Cream cheese
- 2 TBSP butter, at room temp
- 1 loaf Pepperidge Farm “very thin” white or whole wheat bread

Mix all but bread. Spread, top with a second slice and cut twice diagonally to form tiny sandwiches. Pack tightly to prevent drying.

Place on disposable dish, label as “Potted Shrimp” and add your name.

RASPBERRY BAKEWELL TART WITH BURNT CREAM

This is a cross between two English classics. The Bakewell tart, named after the town in Derbyshire, where it was supposedly invented by accident in the 19th century, is a layered jam, custard and almond treat. Burnt cream is the English cousin and forerunner of the French Crème Brulee. It’s also known as Trinity Cream, since it is thought to have originated at Cambridge’s Trinity College in the 18th century.

YIELD: 6 servings

For crust: (or use already prepared pie crust)

- ¾ cup all purpose flour
- 6 TBSP cake flour
- ¼ cup sugar
- 1 tspn grated lemon peel
- 6 TBSP (¾ stick) chilled butter, cut into pieces
- 2 TBSP (approximately) water

For filling:

- 1 cup whipping cream
- 1 tspn vanilla extract
- ½ cup sugar
- 6 large egg yolks
- 2 TBSP cornstarch
- ½ cup raspberry preserves
- ½ cup packed golden brown sugar
- fresh berries and mint sprigs

Crust: Blend first 4 ingredients in processor. Add butter; cut in using on/off turns until mixture resembles fine meal. Blend in enough water by tablespoons to bind dough. Gather into ball; flatten into disk. Wrap in plastic; chill 1 hour. Preheat oven to 350F. Roll out dough on floured surface to 11 inch round. Transfer to

9 inch diameter tart pan with removable bottom. (Mini-tartlet pans may be used for a nice variation of this recipe.) Trim edges. Freeze crust 15 minutes. Line with foil. Fill with dried beans or pie weights. Bake until set, about 20 minutes. Remove foil and beans and bake crust until golden, about 10 minutes. Transfer to rack and cool. (Can be made 1 day ahead. Cover and let stand at room temperature). Filling: Place cream in heavy medium saucepan. Add vanilla. Bring to simmer. Whisk sugar, yolks and cornstarch in small bowl to blend. Slowly whisk hot cream into yolk mixture. Return to saucepan and cook over medium heat until custard thickens and boils, whisking often, about every 7 minutes. Chill until firm but still spoonable, whisking occasionally, about 1 hour. Spread preserves in crust. Carefully spoon custard over. Refrigerate until custard is firm, 4 to 8 hours. Preheat broiler. Press down sugar through sieve over tarts, covering evenly. Broil until sugar caramelizes, rotating pan as necessary to prevent burning and watching carefully. Chill 1 hour.

Place on disposable dish, label as "Raspberry Bakewell" and add your name. Add garnishes of berries and mint.

Rhubarb, Orange and Pistachio Cake

For the Cake:

- 2/3's cup packed light brown sugar (for sake of cake's color, it needs to be light brown)
- 1 cup plus 1 T. canola oil
- 3 eggs
- 1 heaping T frozen orange juice concentrate
- Zest of one orange
- 1 ½ tsp ground cardamom
- ½ tsp. ground ginger
- 1 ½ cups self-rising flour
- 12.3 oz (or so) of rhubarb, thinly sliced (frozen rhubarb can be used; just need to thaw and drain before using.)
- 2/3's cup pistachios, finely chopped, plus extra for the topping. If you don't want to bother shelling pistachios, use chopped pecans (they're more traditional), but pistachios are prettier.

For the Frosting:

- 8 oz. cream cheese, at room temp.
- Powdered sugar (start with ½ cup, adding more if necessary)
- Zest of 1 orange or finely chopped peel of tangerine/clementine
- 1 T lemon juice

Pre-heat oven to 350 degrees

- Grease a deep 8 in cake pan (preferably an 8" spring form or 8 in. ring pan with a fall out bottom and line the base with baking parchment. Pan must accommodate a cake that rises about 2 ¼ inches.
- In a large bowl, beat together the sugar, oil and eggs for several minutes
- Stir in the orange concentrate, the zest, cardamom and ginger.
- Fold in the flour.
- Stir in the rhubarb and pistachios.
- Pour into the pan and even it out.

- Cook for 40 min. to one hr. until a skewer comes out clean. Keep an eye on the cake as it cooks; it browns easily and is easy to overcook. Tooth pick should come out clean. Cover with foil if browning too quickly.
- Turn out onto a wire rack and leave to cook.
- To make the icing, beat together the cheese, powdered sugar, zest and juice. Adjust sugar and juice until the frosting is no longer runny.
- Spread over the top and sides of the cake, once it has cooled completely.
- Sprinkle some reserved chopped pistachios over the top.

SALLY LUNN MUFFINS

Sally Lunn lived in Bath, England during the 1700's. She often sold her baked goods on the streets of Bath. Her recipes were so well known (and so tasty) that the American colonists brought them to the New World. From *Afternoon Teas: Homemade Bakes & Party Cakes*, by Valerie Ferguson, London: Hermes House, 2007.

Ingredients

- ½ cup butter (1 stick)
 - ½ cup sugar
 - 3 eggs, beaten
 - 1 cup milk
 - 2 cups flour
 - tsps baking powder
 - ½ tsp salt
1. Cream butter and sugar 'til fluffy.
 2. Beat in eggs and milk.
 3. Sift together in separate bowl the dry ingredients. Then sift into the liquid mixture and stir to moisten.
 4. Butter your muffin cups and spoon in batter.
 5. Bake at 400° F. 25-30 minutes.

Place on disposable dish, label as "Sally Lunn's" and add your name.

SCOTTISH SHORTBREAD

Butter-rich shortbread keeps well if stored in airtight tins.

YIELD: ½ dozen cookies

- ½ cup sugar
- 2 cups all-purpose flour
- ½ cup cornstarch
- ½ teaspoon salt
- 1 cup (2 sticks) butter, chilled. (Cannot use oleo.)
- Sugar

Sift sugar, flour, cornstarch and salt together. Cut butter into small pieces and blend into the sugar mixture with a pastry blender or tow knives. Do not use hand, butter should stay as cold as possible. (Add 1-2 additional tablespoons butter if necessary in lower humidity.) Form into a ball and refrigerate for 30 minutes. Flatten chilled dough to ½ inch thickness, patting into shallow, greased and floured 8 x 8 inch baking pans or 8 inch cake pans. With a fork, pierce to define shapes for the finished shortbread-triangles, strips, squares or wedges. Make further indentations in the dough along the dotted line with a knife. Place in preheated 450 degree oven for 5 minutes, reduce heat to 350 degrees and bake up to 30 minutes more. Check every 10 minutes and remove when the shortbread starts to turn pale gold. Remove from oven and sprinkle with sugar. Cool and cut on indicated lines before removing from pans

Place on disposable dish, label as “Scottish Shortbread” and add your name.

STRAWBERRY TRIFLE

No dessert says England more than trifle. Elizabethan cooks knew it simply as warm cream with sugar, ginger and other flavoring. By the 18th century, it had become the dessert we know today: a layered treat of sponge cake, custard, fruit, jam, whipped cream and spirits.

YIELD: 16 servings.

For the sponge cake:

- 3 large eggs, room temp
- 1/3 cup sugar
- Pinch of salt
- ½ cup plus 1 TBSP sifted all purpose flour

Preheat oven to 350 F. Lightly butter 15 X 10 X 1 inch jelly roll pan. Line bottom with waxed paper. Butter paper. Using electric mixer, beat eggs, sugar and salt in large bowl on high speed until mixture whitens and triples in volume, about 5 minutes. Sift 1/3 of flour over egg mixture and gently fold into batter; do not over mix or batter will deflate. Working quickly, repeat with remaining flour in 2 more batches. Immediately transfer batter to prepared pan. Smooth top. Bake until golden and tester inserted into center comes out clean, about 20 minutes. Transfer to rack; cool 10 minutes. Run small knife around pan sides to loosen cake. Turn out onto rack. Peel off waxed paper; cool cake. Cut into 1 ½ inch squares. Let cake dry 2 hours. For the custard:(2 large boxes of non-instant jello vanilla pudding can be substituted for the custard)

- 3 ½ cups milk
- 10 large egg yolks
- ½ cup sugar
- 3 TBSP cornstarch
- 1 tspn vanilla extract

Scald milk in heavy large saucepan. Whisk yolks, sugar and cornstarch in medium bowl. Gradually whisk in hot milk. Return mixture to saucepan; stir over medium-high heat until custard boils and thickens, about 4 minutes. Stir in vanilla. Pour into bowl; cool 1 hour. Cover; chill 6 hours or overnight. For the assembly:

- ½ cup strawberry jam
- ½ cup dry Sherry
- ¼ cup Brandy
- 6 pints (one flat) Strawberries

Arrange 1/3 of cake pieces in bottom of 4 quart trifle dish or glass bowl. Spread 1/3 of jam over. Combine Sherry and brandy. Brush ¼ cup Sherry mixture over cake. Place some halved berries around sides of bowl, cut sides facing out and tips pointing up. Sprinkle 1 cup sliced berries over cake. Spoon 1 1/3 cup custard over berries. Repeat layering twice, using 1/3 of cake, 1/3 of jam, ¼ cup Sherry mixture, halved berries, 1 cup sliced berries and 1 1/3 cups custard for each layer. Chill overnight. For the garnish:

- 1 cup chilled whipping cream
- 1 ½ TBSP sugar
- Strawberries with stems
- Fresh mint sprigs

Whip cream to soft peaks. Gradually beat in sugar. Spread 1 cup whipped cream over trifle. Spoon remaining cream into pastry bag fitted with medium star tip. Pipe decorative border of cream around edge of trifle. Garnish with berries and mint sprigs. Sprinkle with slivered almonds. Mark with your name on bottom of dish. We have an extra trifle bowl if you do not have one. If help is needed, please contact Shirley Rueb, ext. 2121. Hint: Since little Sherry and Brandy is needed, you may want to split the cost of the bottle with other participants, using the same recipe.

VANILLA CRESCENTS

These attractive little almond and vanilla-flavoured biscuits are absolutely irresistible. Makes 36. From *Afternoon Teas: Homemade Bakes & Party Cakes*, by Valerie Ferguson, London: Hermes House, 2007. Ingredients 1 cup unblanched almonds 1 cup plain (all-purpose) flour ½ tsp salt 1 cup butter, at room temp, plus extra for greasing ½ cup sugar 1 tsp vanilla essence (extract) Confectioners' sugar, for dusting 1. Put the almonds and a few tablespoons of the flour in a food processor or blender, and process. 2. Sift the remaining flour with the salt. Set aside. With an electric mixer, cream the butter and sugar together in a bowl until light and fluffy. 3. Add the almonds, vanilla essence and the flour mixture. Stir to mix well. Gather the dough into a ball, wrap in baking parchment and chill in the refrigerator for at least 30 minutes. 4. Preheat the oven to 325° F. Lightly grease two baking sheets. Break off walnut-size pieces of dough and roll into small cylinders about ½ in diameter. Bend into small crescents and place on the prepared baking sheets. 5. Bake for about 20 minutes, until dry but not brown. Transfer to a rack to cool slightly. Set the rack over a baking sheet and dust with an even layer of confectioners' sugar. Cooking Tips: Chilling the dough makes it firmer and therefore easier to shape. Bake cookies at or just above the centre of the oven. If you are using two baking sheets, place one above the other and swap them over halfway through the cooking time, so that they brown evenly.

Place on disposable dish, label as "Vanilla Crescents" and add your name.

VICTORIA SPONGE

Named after Queen Victoria, this is a delicious light as air sponge made in two layers and sandwiched together with a filling of raspberry jam and buttercream.

- ¾ cup butter
- 1 ½ cups self-rising flour
- ¾ cup sugar
- A little confectioners sugar for topping
- 3 eggs

For filling:

- 3 tbsp jam
- ¾ cup confectioners sugar
- 2/3 cup butter
- 2 tbsp warm water

Line with parchment and lightly grease 2 x 7 inch round cake pans. Beat the butter and sugar together in a bowl until pale and creamy. Beat in the eggs, one at a time, adding a tablespoon of flour with each egg. Fold in the remaining flour. Divide the mixture equally between the two pans and bake at 350 for about 20 minutes until well risen, golden brown and firm to touch in the center. Remove from the oven and allow to cool for about 10 minutes before turning out onto a wire cooling rack. To make the buttercream, soften the butter, gradually beat in the sugar, and finally beat in the water. Spread the base of one cake with the jam then carefully spread the butte cream on top. Place the other cake on top, and press down lightly. Sprinkle a little more confectioners sugar on top.

Place on disposable dish, label as “Victoria Sponge” and add your name.

ONE-STAGE VICTORIA SANDWICH

(Try this recipe as an alternate version of Newman’s traditional Victoria Sponge tea recipe.) This melt-in-the-mouth sponge is easy and quick to make. Serves 6-8. From *Afternoon Teas: Homemade Bakes & Party Cakes*, by Valerie Ferguson, London: Hermes House, 2007. Ingredients 1 ½ cups self-rising flour pinch of salt ¾ cup butter, softened ¾ cup caster (superfine) sugar 3 eggs To Serve 4-6 tbsp raspberry jam Icing (confectioners’) sugar 1. 1. Preheat the oven to 350° F. Grease two deep 7 in cake pans, line the bases with baking parchment and lightly grease the paper itself. 2. Place the ingredients in a mixing bowl and whisk together using a hand-held whisk. Divide the mixture between the prepared tins and smooth the surfaces. 3. Bake in the center of the oven for 25-30 minutes, or until a skewer inserted into the center of the cakes comes out clean. Turn out on to a wire rack, peel off the lining paper and leave to cool completely. 4. Place one of the cakes on a serving plate and spread with the raspberry jam. Place the other cake on top, then dredge with icing (confectioners’) sugar, to serve. Use a stencil to make a pattern, if liked. Place on disposable dish, label as “Victoria Sandwich” and add your name.

WATERCRESS SANDWICHES

Optional traditional High Tea recipe. YIELD: 16 quarters.

Seal tightly so they won’t dry out. Make the sandwiches as close to serving time as possible.

- 1 stick butter, room temperature
- 1 8 oz package cream cheese, room temp.
- 1 bunch watercress washed, leaves chopped
- 1 TBSP grated raw onions
- 1 or 2 loaves of very thin sandwich bread, wheat or white (Earth Grains and Pepperidge Farm brands are fine).

Mix all and spread on bread. Sandwich and cut diagonally to form triangles. Cut off crusts.

Place on disposable dish, label as “Watercress Sandwiches” and add your name.

Suggestions: If you let Dillons know 3 or 4 days in advance, they can often get the Watercress for you. Otherwise, you can also obtain watercress at Thiah Binh Market on 21st Street (old Riverbend Market).