

The Art of Afternoon Tea

Margaret Miltenberger, WVU Extension Agent – Mineral County

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The foods that accompany afternoon tea contribute to the enjoyable experience.

The menu can vary, but it usually consists of three categories: savory, sweet and scone. If a three-tier server is used, the bottom layer is savory, usually

a freshly prepared small sandwich. The middle layer is a sweet, which can be a variety of homemade baked goods, and on the top tier is warm scones, typically serviced with clotted cream, lemon curd or preserves. Try creating your own afternoon tea spread with your favorite kind of tea and some of these recipes!



Savory

Classic afternoon tea sandwiches include cucumber dill, egg salad with watercress, smoked salmon with creamed cheese, chicken salad, and ham with mustard.

Cucumber Dill Sandwiches

Ingredients:

- 1 cucumber, thinly sliced
- 1 sliced bread, crusts removed
- Cucumber dill spread
- Sprig of fresh dill

Cucumber Dill Spread

Ingredients:

- 2, 8 oz. packages light cream cheese, softened
- 2 teaspoons lemon juice
- 2 teaspoons minced onion
- 1 teaspoon dill weed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon prepared horseradish
- ⅛ teaspoon hot pepper sauce
- ¾ cup finely grated cucumber (peeled)

Directions:

1. In a mixing bowl, beat cream cheese until smooth. Add remaining ingredients except cucumber. Blend until smooth.
2. Fold in cucumber. Cover and chill for one hour.

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3. Spread on bread and top with sliced cucumber, bread and fresh dill. Cut into triangles or use a biscuit cutter.

**If made ahead, top with slightly damp paper towels, then cover with foil and store in the refrigerator.*

Sweets

A few favorite sweet options are lemon bars, chocolate mousse, lemon lavender loaf, macaroons, brownies, mini eclairs, shortbread, raspberry tarts, small cookies, gingersnaps, cheesecake and mini cupcakes. See “The Joy of Cooking” for a foolproof chocolate mousse recipe.

Swedish Ring Cookies

Ingredients:

- 1¼ cups of real butter, softened
- ¾ cup brown sugar, packed
- 2 cups flour
- 2 eggs, separated
- 1 tablespoon vanilla
- 2 cups of shredded coconut
- Raspberry jam
- Mint jelly

Directions:

1. Cream butter and sugar until well blended. Blend in egg yolks and vanilla. Stir in flour. Chill dough for one hour. Roll into balls. Beat slightly the two remaining egg whites. Roll in finely chopped coconut.
2. Bake at 350 degrees for five minutes. Remove and press an indentation into the middle with a spoon. Return to oven and bake for 8-10 more minutes.
3. While warm, fill with raspberry and mint jelly.

Recipe from Rose Fretwell Pancake



Scones

Making the perfect scone is an art. The basic ingredients are flour, sugar, baking powder, salt, butter, milk and egg. Blueberries, cranberries, raisins, or chocolate chips can be added. The accompaniment adds that special touch – clotted cream, fresh butter, lemon curd, or a fruit preserve. The secrets are cold butter, kneading a few strokes before cutting, and chilling before baking.

Perfect Lemon Curd

Ingredients:

- ¾ cup fresh lemon juice
- ¾ cup white sugar
- ½ cup unsalted butter, cubed
- 3 large eggs
- 1 tablespoon grated lemon zest

Directions:

1. Combine lemon juice, sugar, butter, eggs and lemon zest in a two-quart saucepan. Cook over medium-low heat, whisking constantly, until mixture thickens and bubbles, about 5-7 minutes. Reduce heat slightly and continue to stir two minutes while bubbling.
2. Lemon curd can be used as a spread with scones or spooned into baked miniature phyllo shells and topped with whipping cream or raspberries. Serve immediately. Lemon curd can be stored in an airtight container in the refrigerator for up to one month.

Recipe and photo from www.allrecipes.com

With these recipes, the stage is set for the perfect afternoon tea. Pro tip: use your favorite mug or teacup and saucer! Plan an elaborate tea party with china, teapots, flowers and nice linens, or keep it simple and invite a friend for a cup of tea and a cookie. The most important ingredient in the art of afternoon tea is a moment to relax and enjoy good conversation together.

