

English Tea Recipes

From the Gourmet Department





FINGER SANDWICHES

Open Face Cucumber Tea Sandwiches



Ingredients

- a loaf of French bread
- herbed cream cheese spread (recipe below)
- cucumbers, preferably English or Persian cucumbers, which have fewer seeds

Preparation

Herbed Cream Cheese Spread and Dip Recipe

- 1 8oz block of cream cheese, softened
- 1/2 cup plain Greek yogurt
- 1/3 cup chopped fresh herbs
- 1/2 t salt
- 2 - 3 cloves garlic, minced
- zest and juice of half a lemon

Combine softened cream cheese, plain yogurt, herbs, salt, garlic, lemon zest, and lemon juice in a bowl. Mix with a wooden spoon or an electric mixer until combined. An electric mixer will create a light, fluffy dip, and mixing by hand will create a denser mixture, but both are delicious.

Any herbs can be used for this recipe, so use whatever you have on hand and enjoy most. We went out to our herb garden and chose chives, cilantro, parsley, and basil. Chop enough fresh herbs to fill a 1/3 cup measure.

Deviled Egg Salad Finger Sandwiches



Ingredients

- 4 large eggs hard boiled
- 2 tbsp mayonnaise
- 1 1/2 tsp apple cider vinegar
- 1/2 tsp Worcestershire sauce
- 1/4 tsp paprika
- salt and pepper to taste
- 4 slices white bread
- chives and paprika for garnishing

Preparation

Separate the egg yolks from the hard-boiled eggs and place in a medium bowl. Add mayonnaise, vinegar, Worcestershire sauce, and paprika, and mash with a fork. Mix until smooth. Add more mayo, if necessary, for a smooth, creamy yolk mixture.

Finely dice egg whites and add to yolk mixture. Stir to combine. Add salt and pepper to taste.

Make two full sandwiches out of the egg salad. Then cut off the crusts and cut each sandwich into four fingers or triangles. If you cut them into fingers, you can tie a chive around each tea sandwich as a garnish. Sprinkle tops of sandwiches with paprika, if desired.

You can hard boil your eggs several days in advance. Egg salad can be made a day ahead and covered before assembling the sandwiches.

Cucumber-Boursin Tea Sandwiches



Ingredients

- 1 loaf wheat bread (you can get about 5-6 circles out of each slice)
- 1 cup mayonnaise
- 1/4 cup Dijon mustard
- 1 container Garlic and Herb Boursin
- 1 large English or hothouse cucumber
- sprouts or microgreens, optional
- salt, pepper

Preparation

- Cut out bread slices, avoiding the crusts. You should get about 5-6 circles per slice.
- On half the circles, spread with Boursin.
- Top with cucumber.
- Season cucumber with salt and pepper.
- Top with sprouts or microgreens if you like.
- Spread the other bread circles with the mayo-mustard spread fairly liberally and place on top of the cucumber side.

Ham and Cheese Tea Sandwiches



Ingredients

- 12 slices Very Thin white bread
- 2 slices Swiss cheese
- 1 slice Black Forest ham
- 1 tablespoon Japanese mayonnaise
- 1 tablespoon mustard
- 4 cornichons
- Microgreens

Preparation

Using a round cookie cutter no more than 3", cut out 8 circles of ham, 8 circles of cheese.

Use the same cookie cutter to cut out 12 circles of bread. Make sure not to include any of the crust.

Assemble the sandwich by stacking the circles together. Bread with a slather of mayo, then ham with some mustard, followed by cheese

and mayo. And repeat with bread, mayo, ham, mustard, cheese, mayo, and finally, the top piece of bread.

Garnish with a microgreen leaf and skewer the whole thing with a cocktail fork.

Frozen bread cuts neater than room temperature bread.

Turkey Craisin Croissant Sandwiches



Ingredients

8 oz cream cheese softened
1 cup Craisins
3 green onions chopped (green part only)
6 croissants
12 thick slices honey roasted turkey (I like the Costco Kirkland brand)

Preparation

In a mixing bowl mix together the Craisins, cream cheese and chopped green onions.

Slice croissants in half.

Spread cream cheese mixture generously on both sides of croissant and top with 2 slices of turkey.

Cut croissant into 3 equal parts.

May be made and refrigerated up to one day before.



Sweets

Sweet Cream Scones

See next recipe card for the Scone Variations and Glazes



Ingredients

- 2 cups (250 grams) all-purpose flour spooned & leveled
- 1/3 cup (65 grams) granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons cold, unsalted butter cubed into pieces
- 1/2 cup heavy whipping cream plus more for brushing the tops
- 1 large egg
- 1 teaspoon pure vanilla extract

Preparation

1. Preheat oven to 400°F (204°C). Line a large baking sheet with parchment paper or a silicone baking mat and set aside.
2. In a large mixing bowl, whisk together the flour, granulated sugar, baking powder, and salt. Add the cold cubed butter and use a pastry cutter or fork to cut it into the dry ingredients until you have small pea-sized crumbs.
3. In a separate mixing bowl, whisk together the heavy whipping cream, egg, and vanilla extract until fully combined. Add the wet ingredients to the dry ingredients and stir until just combined. The mixture may be a little crumbly at this point, this is okay!
4. Scoop the mixture out onto a lightly floured surface and work it together in a ball, then flatten into a 7-inch circle. Cut the dough into 8 equal-sized pieces and place them on the prepared baking sheet, making sure to leave a little room between each one.
5. Place the baking sheet in the freezer for 5-10 minutes or until the scones are chilled.
6. Brush the tops of each scone with a little heavy whipping cream. If you're not adding a glaze, you can top them with coarse sugar if desired.
7. Bake at 400°F (204°C) for 18-22 minutes or until the tops of the scones are lightly browned and cooked through.
8. Remove from the oven and allow to cool completely.

Scone Variations and Glazes



Ingredients for Vanilla Glaze

- 1 cup (120 grams) powdered sugar
- 1-2 tablespoons (15-30 ml) milk
- 1/2 teaspoon pure vanilla extract

Preparation

Store scones in an airtight container at room temperature or in the refrigerator for 3-4 days.

Milk: Whole, 2%, 1%, skim, or almond milk all work fine for the glaze.

Scone Variations: Here are a few ways that you can change up this scone recipe. I suggest mixing in these ingredients right after you cut in the butter and before you add the wet ingredients.

Blueberry: Add 1 cup (150 grams) of fresh blueberries

Cranberry Orange: Add 2 teaspoons of fresh orange zest plus 2/3 cup (105 grams) of sweetened dried cranberries (or 1

cup of chopped fresh cranberries)
Cinnamon Raisin: Add 1 and 1/2 teaspoons of ground cinnamon plus 2/3 cup (105 grams) of raisins
Lemon Poppy Seed: Add the zest of 1 medium lemon plus 1/2 tablespoon of poppy seeds

Glaze Variations: You can replace the milk in this recipe to create different glazes too.

Orange Glaze: Omit the vanilla extract and use fresh orange juice in place of the milk

Lemon Glaze: Omit the vanilla extract and use fresh lemon juice in place of the milk

Cinnamon Glaze: Add 1/4-1/2 teaspoon of ground cinnamon

Mock Devonshire Cream (Clotted Cream)

READY IN: 10mins YIELD: 1 1/2 cups



Ingredients

- 1 3-ounce package cream cheese, softened
- 1 Teaspoon powdered sugar
- 1 cup heavy whipping cream

Preparation

In small mixer bowl, beat ingredients.

It keeps from 10-12 days in refrigerator.

Lemon Curd

Courtesy of Ina Garten

30 min Prep: 20 min Cook: 10 min Yield: 3 cups



Ingredients

- 3 lemons
- 1 ½ cups sugar
- ¼ lb. unsalted butter, room temperature
- 4 extra large eggs
- ½ cup lemon juice (3-4 lemons)
- 1/8 teaspoon kosher salt

Preparation

1. Using a carrot peeler, remove the zest of 3 lemons, being careful to avoid the white pith. Put the zest in a food processor fitted with the steel blade. Add the sugar and pulse until the zest is very finely minced into the sugar.
2. Cream the butter and beat in the sugar and lemon mixture. Add the eggs, 1 at a time, and then add the lemon juice and salt. Mix until combined.
3. Pour the mixture into a 2-quart saucepan and cook over low heat until thickened (about 10 minutes), stirring constantly. The lemon curd will thicken at about 170 degrees F, or just below simmer. Remove from the heat and cool or refrigerate.

<https://www.foodnetwork.com/recipes/ina-garten/lemon-curd-recipe-1941910>

Orange Almond Scones

Submitted by Marna McDermott

Add time and number of servings



Ingredients

For the scones:

- 1 1/2 cups all-purpose flour
- 2 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons granulated sugar
- 2 teaspoons orange zest
- 6 tablespoons cold unsalted butter
- 1 large egg
- 1/3 cup buttermilk
- 2 tablespoons fresh orange juice
- 1/2 teaspoon vanilla extract

- 1/4 teaspoon almond extract
- 1/2 cup chopped almonds
- 1 tablespoon buttermilk
- Turbinado sugar *for sprinkling over scones*

For the glaze:

- 1 cup powdered sugar
- 1/2 teaspoon orange zest
- 2 tablespoons fresh orange juice
- Chopped almonds *for sprinkling over glaze, if desired*

Preparation

- Preheat to 425 degrees F. Line a baking sheet with parchment paper and set aside.
- In a large bowl, whisk together flour, baking powder, baking soda, and salt. In a small bowl, rub the sugar and orange zest together until fragrant. Add sugar mixture to the flour mixture and whisk again. Cut in butter until mixture resembles coarse meal, using your fingers, two forks, or a pastry blender.
- In a small bowl, whisk together egg, buttermilk, orange juice, vanilla extract, and almond extract. Add wet ingredients to flour mixture all at once, stirring enough to make a soft dough. Fold in the almonds.
- Turn dough out onto a floured surface and knead until dough comes together. Pat dough out into a 12-inch circle. Cut into 4 large or 6 small triangles. Place on prepared baking sheet and brush scone tops with remaining buttermilk and sprinkle with turbinado sugar. Bake for 12-15 minutes or until scones are golden brown.
- Let the scones cool completely on a wire rack. While the scones are cooling, make the orange glaze. In a medium bowl, whisk together powdered sugar, orange zest, and orange juice. Drizzle glaze over scones and sprinkle with additional chopped almonds, if desired. Let scones set until glaze hardens.



Good Eating

We are looking forward to seeing you all, in person, at our Fall Luncheon later this year.

Phyllis Robinson, Chairwoman and Kathy Babcock and Louise Palagyi, Cochairs, and the ladies of the

*Woman's Club of Cranbury
Gourmet Department.*