



- Afternoon Tea –

Menu - Chocolate Chip Scones - Pumpkin Spice Scones - Devonshire Cream - Cucumber Tea Sandwiches - Prosciutto, Pear and Cheese Tea Sandwiches

Make your own Tea Bags

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Shopping List

Pantry

- 4 cups all-purpose flour
- 2 TB baking powder
- 7 TB brown sugar
- 2 cups PLUS 2 TB powdered sugar
- 1 ¼ TSP salt
- ½ TSP pepper
- ¼ cup plus 2 TB granulated sugar
- ¾ cup semi-sweet chocolate chips
- 1/3 cup mayonnaise
- ¼ cup walnuts, chopped
- ½ cup canned pumpkin (I buy Libbey brand)
- 2 TSP vanilla extract

Produce

- 1 English cucumber
- ¼ cup red onion, chopped
- 3 TB fresh basil, chopped
- 1 cup diced strawberries
- 1 red d'anjou pear
- 1 lemon

Dairy/Freezer

- 1 ¾ cups PLUS 7 TB heavy whipping cream
- 10 TB unsalted butter
- 12 ounces cream cheese
- 3 ounces blue cheese
- 1 egg
- ½ cup sour cream

Protein

- 4 ounces prosciutto, sliced

Specialty

- Tea bags – your choice – I have included some recipes and suggestions for mixing your own tea bags as well as a link to the tea filters. **I will not be demonstrating this! This is just for your information if you would like to make them.**

Spices

- 1 TSP cinnamon
- ¾ TSP nutmeg

- ½ TSP ground cloves

- ½ TSP ground ginger

Equipment

Baking Pans

- 2 - Large Baking Sheets

Electric

- Food processor
- Hand mixer

Specialty

- Silpat mat or parchment paper

Utensils

- Pastry Blender
- Whisk
- Wooden spoons
- Assorted mixing bowls
- Measuring cups and spoons
- Chef's knife
- Bread knife
- Cutting board
- Pastry brush

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

To prepare in advance:

Preheat oven to 425° F.

Measure out ingredients for scone recipes.

Soften cream cheese.

Chocolate Chip Scones

Makes 12 scones

2 cups all-purpose flour

1 TB baking powder

½ tsp salt

¼ cup sugar, plus 2 -3 TB sugar

¾ cup chocolate chips

1 ¼ cups heavy whipping cream

2 TB unsalted butter, melted

Preheat oven to 425° F. Whisk together flour, baking powder, salt, ¼ cup sugar in a large bowl. Add chocolate chips and stir gently. Pour in heavy cream and mix together with a fork until sticky. Place the dough on a lightly floured surface. Knead the dough 10 times. Place dough on a parchment lined cookie sheet and pat into a 9" disk. Brush with melted butter and sprinkle with sugar. Cut into 12 pie shaped wedges and bake 15 – 17 minutes.

Pumpkin Scones

Scones:

2 cups all-purpose flour
7 TB brown sugar
1 TB baking powder
½ TSP salt
½ TSP ground cinnamon
½ TSP ground nutmeg
¼ TSP ground cloves
¼ TSP ground ginger
8 TB cold butter, cut up
½ cup canned pumpkin
3 TB whipping cream
1 large egg
2 TSP vanilla extract

Sugar Glaze Ingredients:

1 cup powdered sugar
2 TB milk (or heavy cream)

Spiced Glaze Ingredients:

1 cup powdered sugar
2 TB heavy cream
½ TSP ground cinnamon
¼ TSP ground nutmeg
1/8 TSP ground ginger
1/8 TSP ground cloves

Scones Directions:

Preheat oven to 425° F.

Line a cookie sheet with parchment paper or my preferred method a [Silpat mat](#).

Combine flour, sugar, baking powder, salt, and spices in a large mixing bowl.

With a fork, pastry blender, or food processor (what I use), cut butter into the dry ingredients until mixture is crumbly and no chunks of butter remain. Set aside.

In a separate mixing bowl, whisk pumpkin, whipping cream, egg and vanilla extract.

Fold wet ingredients into dry ingredients. It may be slightly sticky. Place on a lightly floured surface and knead 3 – 4 times. Pat out the dough and form it into a 1” thick circle (about 9” wide).

Use a large knife to slice the dough into 8 triangles. Separate. Place on prepared baking sheet.

Bake for 12 – 16 minutes until scones turn light brown. Let the scones cool slightly 5 – 10 minutes.

Sugar Glaze Directions:

Mix the powdered sugar and 2 TB milk together until smooth. You want the glaze thick, but not too thick so it does not spread. You may need to add some additional milk to get the right consistency.

Spiced Glaze Directions:

As sugar glaze firms, combine the spiced icing ingredients.

Use whisk to drizzle over each scone or place the glaze in a Ziploc bag and snip off the tip and drizzle. Allow the glaze to dry before serving.

****These are an adaptation of the scones available at Starbucks**

Mock Devonshire Cream

*Substitute for English clotted cream

Makes 1 cup

½ cup heavy cream
2 TB powdered sugar
½ cup sour cream

Pour heavy cream into a medium bowl, beat the cream until soft peaks form then add the powdered sugar and beat just until stiff peaks form. Then fold in sour cream. Chill.

Cucumber and Strawberry Tea Sandwiches

1 (8-oz.) package cream cheese, softened
½ cup peeled, seeded, and finely chopped English cucumber
1/3 cup mayonnaise
¼ cup minced red onion
3 TB finely chopped fresh basil
½ tsp freshly ground pepper
¼ tsp salt
1 cup diced strawberries
8 slices white Pepperidge Farm bread

Stir together softened cream cheese, cucumber, mayonnaise, red onion, basil, freshly ground pepper, and salt.

Spread a few tablespoons of the mixture one side of 8 slices of white bread; place diced fresh strawberries on 4 slices, sandwich the bread together to make 4 sandwiches. Cut off crusts, cut into rectangles.

Optional garnish – chop extra basil and place one cut side down in the basil.

Prosciutto, Pear and Cheese Tea Sandwiches

4 ounces cream cheese, softened
3 ounces blue cheese, crumbled
4 ounces prosciutto, sliced
1 red d'anjou pear, halved, cored and sliced thin
Juice from ½ lemon
¼ cup walnuts, chopped
8 slices thin Pepperidge Farm white bread

Combine the juice from ½ lemon and 2 TB water in a medium bowl. Set aside.

Slice the pear in half and remove the core. Slice the pear halves into thin slices.

Dip the pear slices in the lemon water.

Remove the pears to drain on paper towels, pat dry.

In a small bowl, gently combine the cream cheese and the blue cheese. Set aside.

Spread the cheese mixture on two slices of bread, sprinkle one slice with chopped walnuts, next place one slice of prosciutto over the nuts. Cover one side with pear slices. Sandwich the bread slices together. Trim off the crusts and cut in a diagonal.
- Optional garnish – dip one side of the cut sandwich into the chopped nuts.

Make Ahead Directions

I prefer to make tea sandwiches the same day I plan to serve them. If you have to make them ahead:

Leave the crusts on! Place them in airtight containers with a piece of parchment paper between the layers with a *slightly* damp paper towel over the top layer. Place them in the refrigerator overnight. Remove and cut off the crusts. Place a dampened paper towel over the sandwiches until ready to serve so the bread does not dry out.

**This is for your information only – I will not be demonstrating this.

Tea Blending

Blending tea is an art not a science. The final result depends really on your personal taste. Here are a few guidelines.

- 1.) Decide on a base tea – Black, Green, Red (rooibos), or White
- 2.) The final mixture should contain about 2/3 tea leaves and the remainder is the flavoring including, herbs, dried fruits or dried flowers.
- 3.) Blends will be easier if you select items of similar size.

Types of Black Tea

Black, Oolong, Earl Grey, English Breakfast, Ceylon, Darjeeling

Types of Green and White Tea

Green, Sencha Green, Young Hyson, Gunpowder, Jasmine, Yerba Mate, White

Types of Red Tea

Rooibos – it is technically not a tea. It is a South African evergreen shrub. The leaves are harvested and dried and seeped with water to make an herbal tea.

Here are a few blending ideas from the book World Atlas of Tea by Krisi Smith.

Spiced Orange Chai

5 TSP black tea

1 TSP cloves

1 TSP cardamom pods

1 TSP dried ginger

1 TSP dried orange peel

*Optional – you could add cinnamon or cocoa nibs as well

Lavender Coco Rooibos

5 TSP rooibos

1 TSP dried lavender flowers

1 TSP coconut

1 TSP cocoa nibs

*Optional – for more floral undertone add rose petals or chamomile

The tea filters I use are made by Bstean and you can purchase them at Amazon.

Here is the link

[Tea Filters](#)

