

Show 7: **VICTORIAN TEA**

A Tea Guide

ASSAM

Brisk, bracing and strongly-colored, this is what the British popularly expect from a cup of tea. Known for its malty forthrightness, excellent in winter and foul weather. The boldest of teas.

DARJEELING

Famous as the champagne among teas, light colored, with a distinctive bouquet often described as flowery or blackcurranty. A delicate wine-like Muscatel flavor.

CEYLON

Grown at the high altitudes that provide the best growing conditions for tea, Ceylon teas are bright, steady, and turn an attractive golden color when milk is added to the cup.

KEEMUN

The tea of Imperial China, clean, delicate, with a light fruity sweetness on its breath. The Chinese say it has the flavor of an orchid. Drink with or without milk.

JASMINE

The large-leafed tea, semi-fermented, scented with jasmine flowers (which are generally left in the tea, later to expand beautifully and aromatically in your teapot of bowling water.)

FORMOSA OOLONG

A partially-fermented China tea, which holds an exquisite flavor of ripe, peaches. Its liquor is the color of amber. At its best, it is full of leaf tips. Its low caffeine content makes it a good tea to drink before retiring to bed.

EARL GREY

Named after the second Earl Grey in 1830 during his spell as Prime Minister. It is a blend of tea made from large leafed China tea, Darjeeling, and oil of bergamot. It is wonderfully fragrant and good with cakes and sweet things.

RUSSIAN CARAVAN

Tea used to be carried by camel caravan from China across the mountains and deserts of Asia to Russia. This blend traditionally olds the fines Keemun teas and may contain some Oolong too.

Tea Sandwiches

Tea sandwiches should be made on very thinly sliced, very fresh white or wheat bread, cut into 1 inch triangles, rounds, hearts, or flowers. They must be made as close to serving time as possible to avoid sogginess. All ingredients must be either thinly sliced or finely chopped for these dainty, bite-size morsels.

- Sweet butter, a thin slice of cucumber, a whole mint leaf, served open-face on white bread rounds.
- Sweet butter, watercress leaves, a thin slice of cucumber, sprinkling of salt and pepper, served as a closed sandwich on white rounds.
- Sweet butter, thin radish slices, a spoonful of caviar, served open-face on wheat rounds.
- Sweet butter, thin slices of tomato, a few sprinkles of black pepper, served on brown bread.
- Whipped cream cheese, smoked salmon, a sprig of dill, served open-face on white bread rounds.
- Basil-Parmesan mayonnaise, a thin slice of seeded tomato, served as a closed sandwich on white bread rounds.
- Finely shredded chicken meat, minced carrots, golden raisins mixed with mayonnaise and curry powder, sandwiched between two white bread diamonds.
- Hard boiled egg, sliced thin and served on white bread spread with mayonnaise seasoned with a dash of hot pepper (optional).

Scones

3 cups all purpose flour
2 ½ t baking powder
½ t baking soda
½ t salt
¼ c chilled butter, diced
¼ c firmly packed brown sugar
1 tbs honey
1 c buttermilk
½ c whipping cream

Preheat the oven to 375 degrees. Combine the dry ingredients and sift into a mixing bowl. Add the butter to the dry ingredients, and rub them together between your thumbs and fingers until thoroughly combined and the mixture

resembles coarse cornmeal. Add the brown sugar, honey, buttermilk, and cream and stir the wooden spoon just until the mixture is combined. Turn the dough out onto a well-floured work surface and dust with additional all-purpose flour. With a rolling pin, roll out the dough to a thickness of 1 ½ inches. Cut into 2 ½ to 3 inch rounds, triangles, or the shape of your choice. Alternatively, divide the dough into two pieces, roll into 1 inch thick circles about 8 inches in diameter, and cut into pie shaped wedges. Place at least two inches apart on a nonstick or black steel baking sheet. Bake for 18 to 20 minutes, or until golden brown on top. Serve warm.

Lemon Curd

½ cup butter
1 T Grated lemon peel
½ cup fresh lemon juice
1½ cups sugar
5 egg yolks
1 egg

Place butter into metal bowl and set over simmering water in a wide saucepan or skillet. When melted, add the lemon peel, lemon juice and sugar. Using an electric beater or whisk, beat in the egg yolks and the whole egg while the mixture continues to cook. Whisk until thick and smooth, about 20 minutes. Mixture should be as thick as any cooked pudding. Cool. Turn into jars and cover. Refrigerate until ready to use.

Trifle

Rounds of yellow or sponge cake
Sherry or fruit juice
Jam or fresh fruit
Rich custard
Whipped cream

Place in a deep dish:

Rounds of cake. Sprinkle with sherry or fruit juice (2 tablespoons). Spread the pieces with jam (1/2 cup) or fruit (2 cups). Prepare Rich Custard. Pour the custard over the cake. Whip until stiff: 1 cup whipping cream.