

Knowledge @ Noon
“White Christmas Tea”



Wednesday, December 16, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

White Christmas Tea Menu

Tea Breads

Soft Italian Breadsticks
Cranberry Fruit Bread

Savories

Cream Puffs with Almond Chicken Salad
Cucumber Sandwiches with Mint Butter
Southern Buttermilk Biscuits
with
Ham and Mustard Spread

Sweets

Audrey's Snowball Cookies
Coconut Dream Cake
Chocolate Peppermint Bark

Soft Italian Breadsticks

3	tsp. active dry yeast
2	cups warm water (110 to 115 F.)
1-1/2	tsp. sugar
1/4	cup olive oil
1-1/2	tsp. salt
3/4	cup whole wheat flour
4-1/2 to 5	cups all-purpose flour
1	egg
1	Tbsp. water
	Italian seasoning to taste

In a large mixing bowl, dissolve yeast in warm water. Add sugar; let stand for 5 minutes. Stir in the oil, salt, whole wheat flour and enough all-purpose flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Let rest for 10 minutes. Divide into 14 portions. Roll each portion into a 9-in. X 1-in. rope. Place 1 in. apart on greased baking sheets. Cover and let rise for 20 minutes or until doubled.

Whisk egg and water; brush over dough. Sprinkle with Italian seasoning. Bake at 375 F. for 15-20 minutes. Serve warm. Yield: 14 breadsticks 9 inches long.

Cranberry Fruit Bread

- 2 cups all-purpose sifted flour
- 1 cup sugar
- 1-1/2 tsp. double acting baking powder
- 1/2 tsp. soda
- 1 tsp. salt
- 1 egg, well beaten
- 3/4 cup orange juice
- 1 Tbsp. grated orange rind
- 3 Tbsp. liquid shortening or cooking oil
- 1/2 cup chopped nuts
- 2 cups fresh or frozen cranberries,
coarsely chopped

Sift together flour, sugar, baking powder, soda and salt.
Combine well beaten egg, orange juice, orange rind and cooking oil.
Make a well in dry ingredients and add egg mixture all at once.
Mix only to dampen. Carefully fold in nuts and cranberries.
Spoon into greased loaf pan (9x5x3 inch. Spread corners and sides slightly higher than center. Bake in moderate oven (350 F.) for about 1 hour or until crust is brown and toothpick inserted in the center comes out clean. Remove from pan. Store overnight for easy slicing.

Cream Puffs

1 cup water
1/2 cup butter
1/8 tsp. salt
1 cup all-purpose flour
4 eggs

Preheat oven to 400 degrees. Grease a baking sheet.
In a medium saucepan combine the water, butter, and salt.
Bring to boiling. Add flour all at once, stirring vigorously.
Cook and stir until mixture forms a ball. Remove from heat.
Cool for 10 minutes exactly. Add eggs one at a time, beating well with a wooden spoon after each addition.

For 12 large Cream puffs, make 12 heaping tablespoons of dough onto prepared baking sheet. Bake for 30 to 35 minutes or until golden brown and firm; cool. Cut tops from puffs and remove any soft dough from inside before filling.

For 30 mini puffs, drop dough by rounded teaspoons 2 inches apart on greased baking sheets. Bake one sheet at a time in a 400 degrees oven for 25 minutes. (keep remaining dough covered while first tray bakes). Cool, split in half and fill with chicken salad or pudding.

Almond Chicken Salad

3	cups cooked chicken, finely minced
1	cup finely cut celery
2	Tbs. lemon juice
1	Tbs. minced onion
1/2	tsp. salt
1	tsp. grated lemon peel
1/3 to 1/2	cup mayonnaise
2	oz. slivered almonds, toasted and chopped

Combine chicken, celery, lemon juice, onion, lemon peel. Chill. Add mayonnaise to spreading consistency and toasted almonds before serving.

Makes 4 cups Almond Chicken Salad Spread.

Cucumber Sandwiches with Mint Butter

- 4 ounces unsalted butter, softened
- 1/4 cup mint, finely chopped
- 12 slices extra-thin white sandwich bread
- Burpless English cucumbers, thinly sliced
enough to add 4 to 5 slices per slice of bread

In bowl, cream butter until soft and fluffy;
add chopped mint. Decrust bread. Spread the bread slices
with a thin layer of mint butter. Arrange 4 to 5 slices of
cucumber on each slice of bread. Cut each slice into
2 triangles. Add small garnish of parsley. Serve now.

Southern Buttermilk Biscuits with Ham and Mustard Spread

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1/2 tsp. baking soda
- 1/8 tsp. salt
- 1/3 cup butter
- 1 cup Buttermilk
- 2 Tbsp. butter, melted
- 8 oz. cooked ham, thinly sliced

Mustard Spread

- 1/4 cup plus 2 Tbsp. mayonnaise
- 3 Tbsp. Dijon mustard
- 1-1/2 Tbsp. sweet pickle relish

Combine flour, baking powder, soda, and salt; cut in butter with a pastry blender until mixture resembles coarse meal. Add Buttermilk, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead lightly 4 or 5 times.

Roll dough to 1/2 inch thickness; cut with a 1-1/2 inch cutter. Place biscuits on an ungreased baking sheet; bake at 450 degrees for 10 to 12 minutes or until golden brown. Brush with melted butter.
Yields: 24 biscuits

Combine all ingredients for the Mustard Spread. Stir well and chill until ready to assemble.

To assemble: Cut biscuits in half. Spread both sides with Mustard sauce. Place ham on biscuit bottom and cover with top.

Audrey's Snowball Cookies

Beat together-

1 cup butter
1/2 cup sugar
1/4 tsp salt
1 tsp vanilla

Add- 2 cups flour

1 cup finely chopped pecans

Roll cookie dough into walnut size balls.

Bake cookies at 350 F. degrees for 12 minutes

Roll warm cookies in sifted powdered sugar.

Makes about 48 cookies

Coconut Dream Cake

- 1 pkg. white cake mix
- 1/2 can (15-1/2 oz.) crème of coconut
- 1 can (3-1/2 oz.) flaked coconut
- 1 carton (9 oz.) Cool Whip

Prepare cake mix according to directions.

Pour batter into a 9 x 13 inch prepared pan.

Bake at 350 F. for 24 to 30 minutes until done.

While cake is warm, make holes with fork and pour crème of coconut over cake. Let cool.

Spread with Cool Whip and sprinkle with flaked coconut.

Refrigerate before serving.

Chocolate Peppermint Bark

1 cup chocolate chips 1 1/2 bars white baking chocolate

In a microwave safe bowl, melt white chocolate at 70% power: stir until smooth. In another bowl, melt semisweet chocolate chips. Stir 6 tablespoons of crushed peppermint candy into each bowl. Drop white chocolate and semisweet chocolate in alternating spoonfuls onto a waxed paper-lined baking sheet.

With a metal spatula, cut through chocolate to swirl, spreading to 1/4 inch thickness. Sprinkle with remaining crushed candy. Chill until firm. Break into pieces. Store in air-tight container in refrigerator.

Yield: about 1 pound.

Tea Tales

"Thank God for tea! What would the world do without tea? —How did it exist?

I am glad I was not born before tea."

Sydney Smith 1771-1845.



History of Afternoon Tea

*W*e have three royal ladies in English history to thank for the custom of taking afternoon tea, as we know it today. When Catherine of Braganza married Charles II in 1662, she brought tea as part of her dowry and introduced the court to the pleasures of a cuppa. At this time tea was drunk in small Chinese porcelain cups for it was very expensive and only the rich could afford to imbibe.

The joy of afternoon tea was born in 1840 when Anna, the seventh Duchess of Bedford, decided to indulge in a 4 PM snack of bread and butter plus a pot of tea. In her era breakfast was served along with ale or mead to start the day. This hearty repast was meant to last until dinner, as lunch was not taken during those days. Anna grew faint from hunger in the late afternoon and remedied the situation with her tea pickup. Soon she added small cakes, tarts and friends to her afternoon sustenance in her boudoir. Her English friends took her habit of tea and conversation to the drawing room, lifting it to the ultimate with fine china tea services.

Queen Victoria enthusiastically endorsed this new ritual of afternoon tea with a passion and often baked the sweets herself for her Prince Consort. She realized that tea and its accoutrements of fine china and silver were good for the nation's economy. She even had Minton design a special tea service with the tartan of Balmoral castle. Queen Vickie was known to add whiskey to her cuppa regularly in her later reign.

Victorian England was ostentatious at the tea table with sandwiches, sausage rolls, tarts, fancy pastries and cakes soon supplanting bread and butter. This era gave birth to the social customs of tea etiquette that was brought to its zenith during the Edwardian period with the dance or tango tea. The tea dance was the rage until World War I and was revived in hotel ballrooms after the war. Now there is only one hotel in all of London that still observes this charming ritual with mostly tunes of American composers being played.

The custom of taking tea with dainty tea sandwiches, scones, tarts and fancy cakes was known as low tea and the privilege of only the upper classes that had servants. Low chairs and small tables were used in the drawing room. The hostess poured the tea from a silver teapot and passed the teatime treats, which the servant had prepared. Today "low tea" has evolved into afternoon tea and takes place around 4 PM.

A Tea Guide

Black Teas

(fermented, are to be drunk plain or with milk or lemon)

Health Benefits: Strengthen immune system, promote digestion, inhibit growth of bacteria in mouth.

- ☼ *Darjeeling*, a delicate tea with a muscatel flavor, often referred to as the champagne of teas.
- ☼ *Earl Grey*, a scented blend with a delicate fragrance of oil of bergamot.
- ☼ *Ceylon*, a delicate bright tea with a smooth flavor. Excellent for iced tea.
- ☼ *Keemun*, a sweet-flavored red liquor, often called the burgundy of teas.
- ☼ *Lapsang Souchong*, a large-leaf tea with a distinctive smoky flavor produced by smoking the tea over oak or pine chips. Serve hot without milk.

Green, White and Yellow Teas

(non-fermented, to be drunk plain)

Health Benefits: Rich in vitamin C, selenium (prevents aging), and fluoride; lower blood pressure, promote digestion.

- ☼ *Gunpowder*, a fragrant yellow-green liquor made from pellet shapes of unfermented leaves produced in China. Used to brew mint tea in North Africa and Turkey.
- ☼ *Lung Ching*, also known as Dragon's Well, a fragrant jade liquor made up of leaf buds with a sweet taste.
- ☼ *Yin Zhen*, or *Silver Needles*, a white liquor of delicate sweetness from Fujian. Plucked two days a year when the leaves resemble silver needles; expensive, but contains no caffeine or tannin.
- ☼ *Sencha*, a clear green liquor rich in vitamin C.

Oolong Teas

(semi-fermented, to be drunk plain)

Health Benefits: Help lower cholesterol and high blood pressure.

- ☼ *Grand Puchong Imperial*, a delicate liquor, of an amber hue with a smooth, sweet taste.
- ☼ *Ti Kuan Yin*, an amber liquor, the taste and aroma of ripe peaches.

Tea Brewing Guidelines

The true English method of brewing tea is 1 teaspoon of tea per cup and 1 for the pot. This can produce a strong tea. Temperature is also an issue. Each type of tea optimizes the brewing at different temperatures.

Black tea - Black is the most robust of the tea varieties and can be brewed in truly boiling water, usually steeped for 4-6 minutes. Caffeine content 20% of coffee.

Oolong tea - As to be expected, oolong tea falls between green and black. The best temperature is around 190-195F. But oolong should be steeped longer than black tea, for around 5-8 minutes. Caffeine content 20% of coffee.

Green tea - You will need to be gentler with your green teas. The water temperature should be around 150-160F and only steeped for 1-2 minutes. Caffeine content 5-10% of coffee.

White tea - Another delicate tea that should be treated gently. Water can be a bit warmer than for green tea, at 175-180F. You should let it steep longer though. At least 4-6 minutes. Caffeine content 1% of coffee. White teas may require 1.5 teaspoons per cup.

Most herbal teas - With so many different herbs that can be used for herbal tea blends, there is no way to give any temperature or steeping guidelines with any accuracy. Most herbs can be brewed in boiling water and steeped for about 5 minutes. Caffeine free.

You might need a bit of trial and error to get the perfect cup to suit your particular taste.

If you don't have a thermometer handy, you can tell the water temperature by watching the bubbles. Small bubbles will float to the surface of the water 160-170F, and you'll see strings of bubbles from the bottom of the kettle at 180-190F.

After that, you'll have a full rolling boil.