

Knowledge @ Noon

“White Christmas Tea”



*Second Annual
Wednesday, December 21, 2016*

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*

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White Christmas Tea Menu

Tea Breads

Gluten Free Banana Nut Scones
Cranberry Orange Biscuits
with Orange Flavored Butter

Savories

Smoked Turkey and
Cranberry Cream Sandwiches
Olive – Nut Spread Sandwiches
Texas Caviar and Goat Cheese Crostini

Sweets

Christmas Cherry Cheesecakes
Snowflake Truffles
Pecan Tartlets

Teas Chosen to Delight

Ginger Peach Green Tea
Oolong Tea
Pu-Erh Tea

A Cup of Tea

*When the world is all at odds
And the mind is all at sea
Then cease the useless tedium
And brew a cup of tea.
There is magic in its fragrance,
There is solace in its taste;
And the laden moments vanish
Somehow into space.
And the world becomes a lovely thing!
There's beauty as you'll see;
All because you briefly stopped
To brew a cup of tea.*

-William Gladstone

The Dutch introduced tea into the Colonies in the seventeenth century and the British immigrants brought their custom of tea with them. When England levied a heavy tax on tea, the colonist rebelled against taxation without representation. The Boston Tea Party in 1773, a patriotic protest against the tax on tea, turned the colonists into a nation of coffee drinkers. This was the beginning of the American Revolution. In the nineteenth century, the Yankee Clipper ships brought tea from China, Ceylon, and India. During the twentieth century, the United States became a nation of iced tea drinkers.

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. 10.

How to Make a Perfect Pot of Tea

Empty your kettle, and then fill it with freshly-drawn water from the cold tap.

Put the kettle on and, just before it comes to the boil, pour a generous dash of the hot water into your teapot (glazed china or earthenware for preference), swirling it round and round inside the pot before pouring it away. (Warming the pot is not a meaningless ritual, but ensures that the water stays at boiling point when it hits the tea, encouraging the proper opening of the leaves.)

Dole out one heaped teaspoon of tea leaves for each person and one for the pot, straight into the warmed teapot. (Large-leafed teas are comparatively light for their volume, so add an extra spoon or so of these.) The kettle will have reached a galloping boil by this time, so pour the water over the tea. Take care that the water is not long boiling; over-boiled water loses its oxygen and results in a bitter muddy brew of tea.

Allow the tea to stand and brew for anything from three to six minutes according to the leaf size (less time for small leaves, more for large ones).

Give the tea a good stir and pour it, using a strainer to catch leaves. If you take your tea with milk, you should add it to the cup, cold and fresh, before pouring the tea

Tea Breads

Gluten Free Banana Nut Scones

2 ½ cups sifted gluten-free all-purpose flour*
½ cup sugar
2 teaspoons baking powder
½ teaspoon ground cinnamon
½ cup butter, cut into pieces
1 cup finely chopped dried banana chips
½ cup finely chopped pecans
1 ¼ cups plus 1 Tablespoon heavy whipping cream, divided
½ teaspoon vanilla extract
Garnish: Finely chopped pecans and white sugar crystals.

Preheat oven to 375 degrees.

Line 2 baking sheets with parchment paper. Set aside.

In a medium bowl, combine flour, sugar, baking powder, cinnamon, and salt. Using a pastry blender, cut in butter until mixture is crumbly. Add banana chips and pecans, stirring to combine. Set aside.

In a small bowl, combine 1 ¼ cups cream and vanilla. Add to dry ingredients, stirring just until dry ingredients are moistened. (If mixture seems dry, add more cream, 1 tablespoon at a time, until a dough forms.)

On a lightly floured surface, roll dough to ½ inch thickness.

Using a 3-inch star-shaped cutter, cut scones. Place scones on baking sheets.

Brush tops of scones with remaining 1 tablespoon cream. Sprinkle with chopped pecans and sugar crystals, if desired.

Bake until lightly browned, 18 to 20 minutes.

Yield: 18 Scones

Recipe from teatime magazine.com

**For testing purposes, we used Gluten Free Pantry all-purpose flour (glutino.com). Using another brand may yield different results. Sift or whisk flour before measuring.*

Cranberry – Orange Biscuits

Give these festive biscuits holiday flair by cutting them with a star-shaped cookie cutter.

Prep: 25 minutes Bake: 10 minutes Oven: 450°F Makes: 11 biscuits

2 cups all-purpose flour
1 Tablespoon granulated sugar
2 teaspoons baking powder
1 teaspoon finely shredded orange peel
¼ teaspoon salt
¼ teaspoon baking soda
½ cup shortening
½ cup dried fruit, such as snipped cranberries, raisins, cherries, or mixed dried fruit bits; or currants or blueberries
1 6-ounce carton orange or vanilla low-fat yogurt
1 Tablespoon milk
1 recipe Orange Glaze (optional)

1. Preheat oven to 450°F. In a bowl stir together flour, granulated sugar, baking powder, orange peel, salt, and baking soda. Using a pastry blender, cut in shortening until mixture resembles coarse crumbs. Add dried fruit; toss until well mixed. Make a well in center of the flour mixture. Add yogurt and milk all at once. Using a fork, stir just until moistened.

2. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing it for 10 to 2 strokes or until dough is nearly smooth. Pat or lightly roll dough until ½ inch thick. Cut dough with a floured 2 ½ inch biscuit cutter, rerolling scraps as necessary and dipping cutter into flour between cuts.

3. Place dough circles 1 inch apart on an ungreased baking sheet. Bake about 10 minutes or until golden. Remove biscuits from baking sheet; cool 5 minutes.

Orange Glaze: In a small bowl combine ¾ cup powdered sugar, 1 teaspoon finely shredded orange peel, and enough orange juice to reach glaze consistency (3 to 4 teaspoons).

Orange Flavored Butter

½ cup butter softened ¼ cup orange marmalade*

Stir together softened butter and marmalade. Spoon into a pretty dish, serve immediately, or chill up to a week. Let stand at room temperature for 30 minutes before serving. Serve with biscuits, muffins, or warm dinner rolls. * Any flavor jam or preserves may be used.

The Tea Leaf: How to Brew and not to Stew

In the first book about tea, the eight-century Ch'a Ching, its author, LuYu, asserted that the ideal tea leaf should 'curl like the dewlaps of a bull, crease like the leather boots of a Tartar horseman, unfold like mist rising over a ravine, and soften as gently as fine earth swept by rain.'

Be that as it may, the larger the tea leaf, the longer you should allow it to infuse; the smaller it is, the more quickly its flavor floods from it. The tiniest leaves (called Dust in tea jargon) are used in tea bags and yield almost instant infusion. Allow five to six minutes infusion time for the larger-leafed teas (technically termed Orange Pekoes or Pekoes, names which refer only to the size of the leaves, not to their flavor or quality); but only three minutes for the smaller grades (known as Broken Pekoes and Fanning's.)

What about the Problem of the Wasted Pot? The first cup is perfect, but while that is being drunk, the rest of the pot stews and is tainted by tannin. To solve this, follow Mrs. Beeton's tip and decant one pot to another (make sure both are well warmed), once the infusion time is reached. Or copy Dr. Johnson and pour all the perfectly-brewed tea at once into a two-quart cup. Or use a tea-ball infuser, removing it after the requisite number of minutes. If you make sure that the tea leaves are removed after the right time (by whatever means), you can then safely employ a tea cosy to keep the rest hot, and each cup will be as bright and fresh and steaming as the first.

Savories

Pecan Tartlets

Using Mom's Pecan Pie

- 1 ½ cups chopped pecans
- 3 large eggs
- 1 cup sugar
- ¾ cup light or dark corn syrup
- 2 Tablespoons melted butter
- 2 teaspoons vanilla extract
- ½ teaspoon salt

Spread pecans in a single layer on a baking sheet and bake at 350° F for 8 to 10 minutes to toast.

Stir together the eggs, sugar, corn syrup, butter, vanilla and salt.

Stir in toasted pecans.

Pour into tartlet shells and bake for 20 minutes or until set.

Recipe from Viola Lee, MFV.

*Finger sandwiches should be just large enough for two bites.
Cut them in shapes such as stars, flowers or geometric shapes.
Cookie cutters can be used to pair the shape with the party theme.*

Smoked Turkey and Cranberry Cream Sandwiches

Makes 24 sandwiches

- 2 (3-ounce) packages cream cheese, softened
- ½ cup finely chopped dried cranberries
- 1 teaspoon sugar
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon salt
- 24 slices thin wheat bread, cut into 2 ½ inch squares
- ½ pound thinly sliced smoked turkey
- 2 cups baby spinach

1. In a medium bowl, stir together the cream cheese, cranberries, sugar, lemon juice and salt, until well combined. Spread an even amount of cranberry cream on each bread square.
2. Distribute the smoked turkey evenly among 12 of the bread squares, then top evenly with the baby spinach. Top with remaining 12 bread squares, and cut each diagonally.

Recipe from teatime magazine.com

Olive-Nut Spread Sandwiches

- 1 (8 ounce) package cream cheese, softened
- ½ cup chopped pimiento-stuffed green olives
- 1 cup chopped pecans, toasted
- 1 to 2 tablespoons mayonnaise
- Thin pumpernickel bread slices
- Garnish: toasted pecan halves

Stir together first 4 ingredients in a large bowl. Cover and chill until ready to serve. Cut crusts from bread slices; cut each slice into 4 squares. Serve spread on bread slices. Garnish with pecans.

Texas Caviar and Goat Cheese Crostini

2 (15.8 ounce) cans black-eyed peas, drained
1 (11 ounce) can whole-kernel corn, drained
1/3 cup minced yellow bell pepper
1/3 cup minced red bell pepper
1/3 cup minced green bell pepper
1/4 cup chopped fresh cilantro
2 tablespoons chopped fresh parsley
1/4 cup extra-virgin olive oil
1/4 cup red-wine vinegar
1 teaspoon ground cumin
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder
1 (4 ounce) package goat cheese
30 slices toasted French baguette
Garnish: fresh chives

1. In a medium bowl, combine peas, corn, pepper, cilantro, and parsley. Set aside.

In a separate small bowl, combine oil, vinegar, cumin, salt, pepper, and garlic powder, whisking well. Pour over pea mixture, stirring to combine.

Refrigerate for 2 hours. Drain, if necessary.

Spread approximately 1/2 tablespoon goat cheese on each baguette slice. Spoon approximately 2 tablespoons pea mixture onto cheese layer per baguette slice.

Garnish with fresh chives, if desired. Serve immediately.

Recipe from teatime magazine.com

Sweets

Christmas Cherry Cheesecakes

12 vanilla wafers
2 (8 ounce) packages cream cheese, softened
2 Tablespoons lemon juice
2/3 cup white sugar
2 eggs
1 (21 ounce) can Cherry pie filling

1. Preheat oven to 350° F.
2. Line muffin tin with 12 paper baking cups. Place a vanilla wafer in each one.
3. In a mixing bowl beat cream cheese until fluffy. Add eggs, lemon juice and sugar. Beat until smooth and thoroughly combined.
4. Fill each baking cup 2/3 full with cream cheese mixture.
5. Bake in preheated oven for 15 to 17 minutes. Cool on a rack. Top with fruit pie filling before serving.

Recipe submitted by Royce Collins, MFV.

Snowflake Truffles

1 (8 ounce) package cream cheese, softened
1/4 cup confectioners' sugar
1 teaspoon coconut extract
2 cups sweetened flaked coconut
1 (1 pound) package vanilla-flavored candy coating
Garnish: coconut, white cake sparkles

1. In a small bowl, combine cream cheese, confectioners' sugar and coconut extract. Using an electric mixer at medium speed, beat until creamy. Add coconut, beating until well combined.
2. Cover, and chill for 1 hour. Roll cream cheese mixture into 1-inch balls, and place on a baking sheet lined with parchment paper.
3. Freeze for 2 hours to overnight.
4. Following package instructions melt candy coating. Using 2 forks, dip truffles in candy coating to cover. Place on parchment paper. Garnish tops of truffles with coconut and cake sparkles, if desired. Refrigerate until ready to serve. Note: Cake sparkles from Wilton are recommended.

Recipe from teatime magazine.com 6.

Irish Blessing

*May you always have
walls for the winds,
a roof for the rain,
tea beside the fire,
laughter to cheer you,
those you love near you,
and all your heart might desire.*