

“A Christmas Tea”



*Third Annual
Wednesday, December 13, 2017*

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*

Recipe

For

Peace

- - INGREDIENTS - -

1 cup of faith

1 pint of understanding

2 cups of sharing

3 tablespoons of patience

1 cup of kindness

*Take faith and mix thoroughly
with understanding before
stirring in sharing and patience.*

Blend together with kindness.

Bake with hugs and kisses.

Serve daily in generous portions.

Christmas Tea Menu

Scones

White Chocolate Peppermint Scones
with Candy Cane Cream

Savories

Smoked Turkey and
Cranberry-Orange Aioli
Herbed Cucumber Cheese Sandwich
Ham and Radish Tea Sandwich

Sweets

Chocolate Avocado Pudding
In Pecan Cups
Vanilla Polka Dot Cookies
Raspberry Mousse

Teas Chosen to Delight

Hibiscus Tea
Yerba Mate Tea
Earl Grey Tea

Scones

White Chocolate Peppermint Scones with Candy Cane Cream (Makes 8)

2 cups all-purpose flour
 $\frac{1}{3}$ cup plus 1 tablespoon sugar, divided
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
6 tablespoons chilled unsalted butter, diced
 $\frac{3}{4}$ cup white chocolate morsels
 $\frac{1}{2}$ cup peppermint baking chips *
 $\frac{3}{4}$ cup chilled buttermilk
1 egg yolk
1 teaspoon French vanilla extract
 $\frac{1}{2}$ teaspoon peppermint extract

1. Preheat oven to 400°. Lightly coat a baking sheet with baking spray/flour.
2. In a large bowl, sift together flour, $\frac{1}{3}$ cup sugar, baking powder, baking soda, and salt. Add butter,. Using hands, combine until is reduced to coarse crumbs. Stir in white chocolate morsels and peppermint baking chips.
3. In a small bowl, whisk together buttermilk, egg yolk, vanilla extract and peppermint extract. Add buttermilk mixture to dry ingredients; mix until dough comes together in moist clumps. Gather dough into a ball, and knead for 2 to 3 turns.
4. Turn out dough onto a lightly floured surface, and pat to an 8-inch circle. Using a knife, cut into 8 wedges.
5. Transfer to prepared baking sheet, spacing 1 inch apart. Lightly Sprinkle with remaining 1 tablespoon sugar. Bake until light golden brown, 18 to 20 minutes. Serve with Candy Can Cream

*Crushed candy canes can be substituted for peppermint baking chips if seasonal item is not available.

Candy Cane Cream (Makes approx. $1 \frac{1}{2}$ cups)

$\frac{3}{4}$ cup heavy whipping cream
 $\frac{1}{4}$ cup crushed candy canes

In a large bowl, beat cream with a mixer at medium-high speed until medium peaks form. Add candy, and beat until still peaks form.

Recipe from victorianmag.com.

Savories

Smoked Turkey and Cranberry- Orange Aioli Finger Sandwiches

½ cup mayonnaise
½ cup prepared cranberry sauce
2 tablespoons orange zest
20 slices sourdough bread, crusts removed
½ pound thinly sliced smoked deli turkey
Garnish: fresh sage leaves, fresh cranberries
In a small bowl, combine mayonnaise, cranberry sauce, and orange zest.
Spread aioli over one side of each bread slice. Top half of bread
slices with turkey. Cover with remaining bread slices, spread side-down. Cut each sandwich into thirds.
Garnish with sage and cranberries, if desired

Herbed Cucumber Cheese Sandwiches

1 (8-ounce) package cream cheese, softened
1 tablespoon heavy whipping cream
¼ teaspoon salt
¼ teaspoon ground black pepper
2 tablespoons finely snipped fresh dill
1 tablespoon finely chopped fresh chives
1 tablespoon finely chopped fresh parsley
1 English cucumber
10 slices very thin white sandwich bread (square bread slices)

In a medium mixing bowl, combine cream cheese, whipping cream, salt and pepper. Beat at medium-high speed with a mixer until blended. Add dill, chives and parsley, stirring.

Using a chef's knife, cut 40 very thin slices from cucumber.

Spread a layer of cream cheese mixture onto bread slices. On 5 bread slices, arrange 8 overlapping cucumber slices on top of cream cheese layer. Top with remaining 5 bread slices, cream cheese side down, to make 5 sandwiches.

Using a serrated bread knife in a gentle sawing motion, trim and discard crusts from sandwiches. Cut each sandwich diagonally into 4 equal triangles.

Serve immediately, or cover with damp paper towels, place in a covered container, and refrigerate until serving time.

Savories (continued)

Ham and Radish Tea Sandwiches (Makes 24 Sandwiches)

12 thin slices wheat sandwich bread
1/4 cup cream cheese, softened
2 tablespoons finely chopped fresh chives
1/2 teaspoon lemon zest
1/2 teaspoon grated fresh horseradish
1/2 pound thinly sliced ham
10 radishes, thinly sliced
Garnish: fresh chives

Using a 2 1/2 inch square cutter, cut each slice of bread into a square, avoiding crusts. In a small bowl, combine the cream cheese, chives, lemon zest, and horseradish. Mix until well combined; set aside.

Layer 2 to 3 slices of the ham on top of one another, and using the same 2 1/2 inch square cutter, cut 2 squares from each stack of ham.

Spread a thin layer of the cream cheese mixture on each piece of bread, and top each with a square of ham. Cut squares in half, and top each rectangle with a slice of radish.
Garnish with fresh chives, if desired.

Sweets

Chocolate-Avocado Pudding In Pecan Cups

1 ½ cups pecans
¼ cup orange blossom honey
3/8 teaspoon fine sea salt, divided
3 ripe avocados, seeded and peeled
½ ripe banana, peeled
5 tablespoons unsweetened dark chocolate natural cocoa powder
5 tablespoons blue agave nectar
2 tablespoon almond milk
¼ teaspoon fresh orange zest
½ tablespoon fresh orange juice
Garnish: candied orange zest*

In the work bowl of a food processor, pulse pecans until coarsely chopped. Add honey and ¼ teaspoon salt, and pulse until mixture is well combined and finely chopped.

Divide mixture among wells of 2 (12-well) mini tart pans. Press mixture into bottom and up sides of wells. Freeze for at least 2 hours.

In the work bowl of a food processor, combine avocados and banana. Blend until mixture is smooth, approximately 1 ½ minutes. Add cocoa, agave nectar, almond milk, orange zest, orange juice, and remaining 1/8 teaspoon salt. Blend until mixture is uniform and smooth.

Remove pecan cups from pans, and keep cold.

Just before serving, spoon a dollop of pudding into each cup.

Garnish with candied orange zest, if desired.

Candied Orange Zest

1 orange, scrubbed ½ cup sugar

Remove orange zest in long strips with a vegetable peeler. Cut the strips lengthwise into julienne strips. Place the zest in a saucepan, cover with cold water and bring to a simmer; cook for 5 minutes. Drain and return the zest to the pan. Add sugar and ½ cup water; bring to a simmer. Cook over low heat until the zest is translucent and tender, about 10 minutes. With a fork, remove the candied orange zest to a piece of wax paper to cool.

Make Ahead Tip: Store in an airtight container for up to 2 weeks.

Recipe from Tea Time Magazine

Vanilla Polka Dot Cookies

1 cup pearl sugar
1 cup unsalted butter, cut into chunks, at room temperature
2/3 cup granulated sugar
½ teaspoon fine sea salt
1 large egg white
1 ½ teaspoons vanilla extract
1 ¼ cups King Author Unbleached All-Purpose Flour

Preheat oven to 350° F, and line two baking sheets with parchment.

Wrap the base of a flat-bottomed jar or glass in plastic wrap. Put the pearl sugar in a small bowl. In a large mixing bowl beat the butter, sugar and salt together at medium speed until smooth and creamy, about 3 minutes. Mix in the egg white, followed by the vanilla. Add the flour in three additions, beating only until it's almost incorporated each time before adding more. Scrape down the sides and bottom of the bowl as you go.

Scoop the dough by the heaping teaspoon and roll into balls. Roll each ball in pearl sugar and place on the baking sheet, 2" apart.

Gently press each cookie down with the plastic-wrapped jar to flatten slightly.

Bake for 18 to 20 minutes, or until the cookies are golden brown around the edges and on the bottom. Remove from the oven and cool on the pan for 5 minutes before transferring to a rack to finish cooling completely. Yield 42 – 48 cookies.

Raspberry Mousse

1 (8 ounce) container whipped topping
1 (3 ounce) package cream cheese, softened
¼ cup confectioner' sugar
¼ cup raspberry preserves
1 teaspoon raspberry extract

In a medium bowl and using an electric mixer at medium speed, combine the whipped topping and cream cheese; beat until smooth. Add confectioners' sugar, raspberry preserves, and raspberry extract; beat until smooth.

Makes 2 cups. *Recipe from TeaTime Magazine*

Tea Time

Hibiscus Tea – Hibiscus tea is a herbal tea made as an infusion from crimson or deep magenta-colored pods of the roselle flower. It is consumed both hot and cold. It has a tart, cranberry-like flavor, and sugar or honey is often added to sweeten it. The tea contains vitamin C and minerals and is used traditionally as a mild medicine. In west Sudan a white hibiscus flower is favored for its bitter taste and is customarily served to guests.

Yerba Mate – Yerba Mate has the “strength of coffee, the health benefits of tea, and the euphoria of chocolate” all in one beverage. Of the six commonly used stimulants in the world: coffee, tea, kola nut, cocoa and guarana, yerba mate triumphs as the most balanced, delivering both energy and nutrition.

Yerba mate(yer-bah mah-tay) is made from the naturally caffeinated and nourishing leaves of the South American rainforest holly tree. For centuries, South America’s Ache Guayaki tribe have sipped yerba mate from traditional mate gourd for its rejuvenative effects. These rainforest people find tremendous invigoration, focus and nourishment in yerba mate.

Earl Grey – Earl Grey is one of the most recognized flavored teas in the world. This classic British tea is typically a black tea base flavored with oil from the rind of bergamot orange, a citrus fruit with the appearance and flavor somewhere between an orange and a lemon with a little grapefruit and lime thrown in. Today’s cultivar of the bergamot orange is believed to be a hybrid of the bitter Seville orange native to the Mediterranean and a sweet lime/lemon native to Southeast Asia.

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-leaved 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

A Little About Tea

Tea was often arranged in dining or breakfast rooms for buffet service, especially if the hostess expected a crowd.

By 1884 when Sarah Orne Jewett wrote the lines above, the term “tea” had come to have several meanings in America. In the Northeast “tea” could mean simply the beverage or it could be a light, family meal served in the early evening to those who had dined, colonial style, at midday. Also, a light, later evening refreshment offered at receptions or musical evenings was sometimes called tea. Ceremonious offerings of tea, sandwiches, and cakes were partaken by ladies during the almost ritualistic “afternoon call,” but a hostess also could make a special point of inviting all the ladies on her visiting list to tea, thereby polishing off a bunch of social obligations with relatively little trouble and expense. In other parts of the country the family meal and the evening collation were simply called supper, and ladies offered one another coffee at their “At Homes” in the South

There simply was no rigidly set hour at which a meal could be called “tea” in Victorian America, as long as it was sometime in the afternoon or evening.

The British developed much more strictly defined meanings for “tea”, over the century’s course, and it’s the British tea tradition that has come down to us today. “Afternoon Tea” served during formal calls between 4:00 and 6:00 pm, is the genteel kind of event usually evoked by tea practitioners today. “High Tea” is actually dinner and tends to be on the heavier side, and has never been considered as elegant as afternoon tea by the British.

*Afternoon teas come in three different varieties:
Cream tea, which is offers tea, scones, jam and cream.
Light tea, which give you tea, scones and sweets.
Full tea, with tea, savories, sweets and dessert.*

“Family Tea” can be any sort of light snack served around four in the afternoon to keep everyone fed and happy.

Serve Tea with milk , not cream - better for the hips! Cream is too heavy and can mask the taste of the tea.

When serving lemon with tea, lemon slices are preferable to wedges - much daintier! Don’t forget to provide a small fork, or lemon fork, for your guests. And never add lemon with milk since the lemon’s citric acid will cause the milk to curdle.

Drink your tea with your pinkie out. What’s that about? Originally all porcelain teacups were made in China. They were small had no handles. So to keep from spilling on themselves, tea drinkers had to hold the cup with the thumb at six o’clock and the index and middle fingers at twelve o’clock. Then they’d raise the pinkie for balance. We still use the pinkie for balance, holding your pinkie finger out a little helps avoid spills.

Make time for tea because it’s good for you! Tea contains polyphenols, antioxidants that repair cells and may help our bodies fight off sickness. And it’s not only green tea that’s good for you, black, white and red teas also have flavonoids and polyphenols.

So go ahead - enjoy that cup of tea!