

Knowledge @ Noon
“A Christmas Tea”



Fourth Annual

Wednesday, December 19, 2018

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

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Franny Eastwood at 913-294-4306.

*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

Candied Fruit Scones
Sweet Potato Scones
Hazelnut-Allspice Scones

Savories

Pickle-and-Olive/Ham Salad Sandwiches
Pizza Roll-ups
Red Pepper-Blue Cheese/Roast Beef Finger
Sandwiches

Sweets

Aunt Glo's Pecan Balls
Chocolate-Cherry Candy Cup
Mendiants (Stained-Glass Candy)

Teas Chosen to Delight

Pumpkin Spice Tea
Peppermint Herbal Tea
Ceylon Black Tea

Scones

Candied Fruit Scones

(Makes 12)

2 cups all-purpose flour
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
2 tablespoons cold unsalted butter
2 tablespoons cold cream cheese
8 ounces mixed candied fruit
1 cup plus 2 tablespoons half-and-half, divided
¼ cup confectioners' sugar

Preheat oven to 350°. Line a baking sheet with parchment paper. Set aside. In a large bowl, combine flour, sugar, baking powder, and salt, whisking to remove any lumps. Using a pastry blender, cut butter and cream cheese into flour mixture until mixture resembles coarse crumbs. Add candied fruit, stirring to combine. Add 1 cup half-and-half, stirring just until dry ingredients are moistened. (If mixture seems dry, add more half-and-half, 1 tablespoon at a time, until a dough forms.)

On a lightly floured surface, roll dough into a 1-inch-thick square. Cut into 12 squares. Place scones on prepared baking sheet.

Bake until lightly golden, 11 to 14 minutes. Cool completely on pan.

In a small bowl, combine confectioners' sugar and remaining 2 tablespoons half-and-half, whisking until smooth. Drizzle over cooled scones.

Sweet Potato Scones

(Makes 8 to 10)

1¾ cups all-purpose flour
2 tablespoons firmly packed light brown sugar
2 ½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
6 tablespoons cold unsalted butter, diced
1 cup sweet potato puree*
⅓ cup buttermilk
2 tablespoons honey
1 teaspoon vanilla extract
1 recipe Molasses-Honey Butter (recipe follows)

Preheat oven to 425°. Line a baking sheet with parchment paper. Set aside. In a large bowl, combine flour, brown sugar, baking powder, salt, and baking soda, whisking well. Using a pastry blender, cut in butter until mixture is crumbly. Set aside. In a small bowl, combine sweet potato puree, buttermilk, honey, and vanilla. Add milk mixture to flour mixture, stirring just until a dough forms. Turn dough out onto a lightly floured surface. Knead dough for 5 turns. Roll dough to ½-inch thickness.

Sweet Potato Scones (continued)

Using a 3–inch cutter, cut as many scones as possible, rerolling scraps no more than twice. Bake until lightly browned, 15 to 20 minutes. Serve warm with Molasses-Honey Butter, if desired.

**Preheat oven to 425° Place 1 medium sweet potato on a foil-lined baking sheet. Bake until fork tender approximately 45 minutes to 1 hour. Remove from oven, and cool completely, approximately 1 hour. Peel potato, and discard peel. Place potato pulp in the work bowl of a food processor. Puree until smooth.*

Molasses-Honey Butter

(Makes 1¼ cups)

1 cup butter, softened
3 tablespoons honey
1 tablespoon molasses

In a small bowl, combine all ingredients. Beat at medium speed with an electric mixer until smooth, approximately 2 minutes. Transfer mixture to a pastry bag fitted with a large star tip. Pipe mixture into desired butter pats. Refrigerated until needed.

Hazelnut-Allspice Scones

(Makes 16)

2 cups all-purpose flour
⅓ cup granulated sugar
2 teaspoons baking powder
1½ teaspoons ground allspice
½ teaspoon salt
¼ cup cold salted butter, cubed
½ cup chopped taster hazelnuts
1 cup plus 1 tablespoon cold heavy whipping cream, divided
½ teaspoon vanilla extract
Garnish: confectioners' sugar, chopped toasted hazelnuts

Preheat oven to 350°. Line a rimmed baking sheet with parchment paper. In a large bowl, whisk together flour, granulated sugar, baking powder, allspice, and salt. Using a pastry blender or 2 forks, cut in cold butter until it resembles coarse crumbs. Add hazelnuts, stirring to combine. In a small bowl, stir together 1 cup cold whipping cream and vanilla extract. Add cream mixture to flour mixture, stirring until mixture is evenly moist. (If dough seems dry, add more cream, 1 tablespoon at a time.) Working gently bring mixture together with hands until a dough forms. Turn out dough onto a lightly floured surface, and knead gently 4 to 5 times. Using a rolling pin, roll dough to a ½-inch thickness. Using a 2½-inch triangle cutter, cut 16 scones from dough. Place scones on prepared baking sheet. Brush tops of scones with remaining 1 tablespoon of cold cream. Bake until edges of scones are golden brown and a wooden pick inserted comes out clean, approximately 20 minutes. Garnish with confectioners' sugar and hazelnuts, if desired. Serve warm.

Savories

Pickle-and-Olive/Ham Salad Sandwiches (makes 9 sandwiches)

2 cups chopped smoked ham, such as black forest ham
½ cup mayonnaise
3 tablespoons finely chopped pimento-stuffed olives
2 tablespoons sweet pickle relish
1 tablespoon spicy brown mustard
⅛ teaspoon ground black pepper
9 slices very thin white sandwich bread
Garnish: baby arugula

In the work bowl of a food processor, pulse ham until very finely chopped. Transfer ham to a medium bowl, and add mayonnaise, olives, pickle relish, mustard, and pepper, stirring until blended. Cover, and refrigerate for at least 4 hours and up to a day. Spread a thick, even layer of ham salad onto 3 bread slices. Top each with another bread slice, and spread with ham salad. Top each with a third bread slice to create 3 triple-stack sandwiches. Using a serrated bread knife, trim and discard crusts from sandwiches. Cut each sandwich into 3 equal fingers. Cover with damp paper towels, place in a covered container, and refrigerate until serving time. Just before serving, garnish with baby arugula, if desired.

Pizza Roll-ups (makes about 24 sandwiches)

1 (8-ounce) package cream cheese, softened
2 tablespoons pesto
1 cup shredded mozzarella
4 (8-inch) sun-dried-tomato tortillas
1 (1-ounce) package fresh basil leaves
¼ cup bite-size pepperoni slices

In a large bowl and using an electric mixer at medium speed, beat the cream cheese until smooth. Add the pesto and mozzarella, beating until combined. Divide mixture evenly among the tortillas, and spread mixture, leaving a ½-inch border. Divide the basil leaves and pepperoni slices among the tortillas. Roll filled tortillas into a cylinder, and wrap tightly with plastic wrap. Refrigerate for 4 hours. Remove rolls from refrigerator, carefully unwrap, and set seam side down. Cut crosswise into ¼- to ½-inch-thick slices. Serve immediately, or refrigerate, covered, for up to 3 days.

Savories (continued)

Red Pepper-Blue Cheese Roast Beef Finger Sandwiches (Makes 15 Sandwiches)

1 (8-ounce) package cream cheese, softened
1 tablespoon heavy whipping cream
¼ cup blue cheese crumbles
¼ cup finely chopped roasted red pepper, divided
10 slices white sandwich bread
15 thin slices deli roast beef
Garnish: 15 blanched long fresh chives and 1 tablespoon finely chopped roasted red pepper

In a small bowl, combine cream cheese and cream. Beat at medium speed with an electric mixer until smooth. Add blue cheese and roasted red pepper, stirring until incorporated. Set aside. Using a serrated bread knife, trim crusts from all sides of bread slices. Cut each slice into 3 rectangles, approximately 3 x 1½ inches. Spread approximately 1 tablespoon cream cheese mixture onto each bread slice. Ruffle a slice of roast beef on top of half of bread slices. Top with another slice, cream cheese side down. Garnish each sandwich by tying a blanched chive around it and topping with a piece of red pepper.

Kitchen Tip: To blanch strands of fresh chives, drop them into a saucepan of boiling water for 30 seconds. Remove from saucepan, and let drain on paper towels.

Make-Ahead Tips: Cream cheese spread can be made a day ahead and refrigerated in a covered container. Let come to room temperature before spreading. Sandwiches can be assembled earlier in the day. Covered with damp paper towels, placed in a covered container, and refrigerated. Garnish before serving.

Kitchen Tip: When trimming crusts from finger sandwiches and canapés, save the bread crapes to make bread crumbs. Just pulse them in a food processor, and then store in the freezer.

Sweets

Aunt Glo's Pecan Balls

(makes 7 dozen)

2 cups unsalted butter, softened
5 tablespoons sugar
4 teaspoons vanilla extract
4 cups ground pecans
4 cups all-purpose flour
Confectioners' sugar for dusting

Preheat oven to 275°. Line two baking sheets with parchment paper; set aside. In a large bowl and using an electric mixer at high speed, cream the butter, sugar, and vanilla extract. Add ground pecans and flour; mix until combined. Roll into bite-size balls. Bake for 20 to 25 minutes. Cookies will be light brown on the bottom but still pale on top. Remove from oven; set aside to cool for 3 minutes. In a large bowl, roll warm cookies in confectioners' sugar. Cool to room temperature, then roll a second time in confectioners' sugar until cookies are fully coated.

Chocolate-Cherry Candy Cups

(makes 24 cups)

½ cup heavy whipping cream
2 cups semisweet chocolate morsels
⅓ cup chopped dried tart cherries
⅓ cup chopped roasted, salted pistachios
½ teaspoon fresh orange zest
Garnish: additional chopped pistachios

Line wells of a 24-well mini muffin pan with foil candy cups. In a saucepan, heat cream until hot but not boiling. Remove from heat, and add chocolate, stirring until melted. Add cherries, pistachios, and orange zest, stirring to blend. Fill candy cups with chocolate mixture. Garnish each candy cup with a sprinkle of pistachios, if desired. Refrigerate until firm.

Sweets (continued)

Mendiants (Stained-Glass Candy)

(makes 28 pieces)

1 (10-ounce) bag Ghirardelli 60% Cacao Bittersweet Chocolate Baking Chips*

$\frac{1}{3}$ cup finely chopped candied red cherries

$\frac{1}{3}$ cup finely chopped candied green cherries

$\frac{1}{4}$ cup finely chopped candied orange peel

$\frac{1}{4}$ cup finely chopped dried apricots

$\frac{1}{3}$ cup finely chopped dry roasted and salted pistachios

Line 2 large rimmed baking sheets with silicone baking mats, or lightly grease them with vegetable oil. Set aside. Melt chocolate morsels in the top half of a double boiler over simmering water. Keep warm. Using a levered 1-teaspoon scoop, drop melted chocolate 2 inches apart onto prepared baking sheets.

Decoratively arrange candied and dried fruits and nuts on melted chocolate disks. Let chocolates set until firm, approximately 2 hours. Carefully remove candies from silicone mats, and place in a covered container with waxed paper between layers.

Tea Time

Peppermint Tea

True Herbal teas (also known as tisanes or infusions) have been used for centuries as natural remedies for a wide range of ailments and as supporters of overall health and wellness. Herbs have a long history of documented use tracing back to Ancient Egypt, Ancient China and to the beginning of Ayurveda science in India. Herbal teas can be made from any combination of flowers, leaves, seeds, roots, citrus or berry fruits herbs and spices-which is why the number of unique blends available is virtually limitless. Camomile, Peppermint, Ginger and Hibiscus are some of the most popular ingredients used today. Of all of these healthy herbal teas in the world, peppermint tea is one of the most widely used and the most respected. Examples of true medicinal infusions are: Aspirin-willow leaves; Digitalis-foxglove; Estrogen-angelica; Atropine-nightshade; and Pain-poppy.

One of the best examples of the practical use of this family of teas is Peppermint Tea. In addition to being a delicious and soothing beverage, peppermint tea offers many health benefits, particularly for those with headaches, sinus problems or stomach problems. It has been used medicinally for centuries and is commonly recommended by alternative healers, herbalists, and others as a treatment for various ailments and as a general health tonic with diverse benefits for the body and mind. Peppermint tea is often effective in stopping headaches that are caused by stress or poor diet. These headaches typically restrict blood vessels in the brain, causing intense pain. Effective pain killers stop the pain of these headaches by relaxing the blood vessels in the brain. Peppermint tea stops headache pain in the same way--by opening up the brain's constricted blood vessels, bringing relief to many headache sufferers.

The menthol in peppermint is known to calm inflamed mucous membranes in the sinuses and throat, to thin mucus (so it is less likely to block the sinus passageways and impede comfortable breathing) and to act as a decongestant (breaking up phlegm and mucous congestion). Additionally, breathing the steam from peppermint tea can also alleviate many sinus problems by breaking up phlegm and thinning mucus. This means that if you have a sinus infection (sinusitis) or are suffering from cold or seasonal allergies, a cup or two of hot peppermint tea could do you a world of good (especially if you breathe the steam!).

Tea Time (continued)

Pumpkin Spice Tea

A second type of herbal tea are the spiced variety. This type has little medicinal value but smells wonderful and can have an excellent flavor. Pumpkin spice tea falls into this genre and contains Rooibos, natural pumpkin flavor, cinnamon, cloves, and nutmeg. Many of this family of teas are seasonal. Nearly all are caffeine free

The third type of Herbal teas actually contain Tea leaves. The most well known of this family is Bigelow's Constant Comment, a black tea flavored with orange rinds and sweet spices. Others variant are a variety of berries, peach, apricot, mango, passion fruit, lavender, and vanilla to name a few. Earl Grey – black tea infused with oil of Bergamot Oranges from Italy is another well known member of the family.

Ceylon Black Tea

The island of Ceylon (what now is known as Sri Lanka) has been in the tea business for only about 150 years. The Dutch first established a cinnamon product trade for the island in the 1760s. In 1824, the first tea bushes were smuggled out of China and planted in Ceylon. In 1830, an economic slump in the cinnamon market caused coffee to become the primary cash crop in now British controlled Ceylon. After a fungus destroyed their fledgling coffee production in 1870, the island changed to a tea economy. By 1900, over 400,000 acres were under cultivation. Today, Sri Lanka's Tea plantations produces \$1.5 Billion worth of sales and employ 1 million people.

Ceylon teas are some of the finest in the world due to the rich soil, high elevations, and optimal humidity for tea production. The 3 primary teas are black, green which is mainly made from Assamese tea stock, and white silver tip teas, grown at the highest altitude, cultivated and rolled totally by hand, and considered some of the best white teas in the world. Today's tea will be a black Ceylon tea.

Tea-Steeping Guide

The quality of the tea served at a tea party is as important as the food and the décor. To be sure your infusion is successful every time, here are some basic guidelines to follow.

WATER

Always use the best water possible. If the water tastes good, so will your tea. If that is not the case, then bottled spring water is a nice alternative. Heat water on the stove top or in an electric kettle to the desired temperature. A microwave oven is not recommended.

TEMPERATURE

Heating the water to the correct temperature is arguably one of the most important factors in making a great pot of tea. Pouring boiling water on green, white, and oolong tea leaves can result in a very unpleasant brew. In general, use 170° - to - 195° water for these delicate tea types, and always refer to the tea purveyor's packing for specific instructions. Reserve boiling (212°) water for black and pu-erh teas, as well as herbal and fruit tisanes.

TEAPOT

If the teapot you plan to use is delicate, warm it with hot tap water first to avert possible cracking. Discard this water before adding the tea leaves or tea bags.

TEA

Use the highest-quality tea you can afford, whether loose leaf or prepackaged in bags or sachets. Remember that these better teas can often be steeped more than once. When using loose-leaf tea, generally use 1 teaspoon of dry leaf per 8 ounces of water, and use an infuser basket. For a stronger infusion, add another teaspoonful or two of dry tea leaf.

TIME

As soon as the water reaches the correct temperature for the type of tea, pour it over the leaves or tea bag in the teapot, and cover the pot with a lid. Set a timer— usually 1 to 2 minutes for whites and oolongs; 2 to 3 minutes for greens; and 3 to 5 minutes for blacks, pu-erhs, and herbals. (Steeping tea longer than recommended can yield a bitter infusion.) When the timer goes off, remove the infuser basket or the tea bags from the teapot.

ENJOYMENT

For best flavor, serve the tea as soon as possible. Keep the beverage warm atop a lighted warmer or under your favorite tea cozy if necessary.

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 Orene 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.

A Little About Tea (continued)

*Afternoon teas come in three different varieties:
Cream tea, which 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 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!

Notes:

