

Knowledge @ Noon
“A Winter Tea”



Wednesday, January 15, 2020
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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Say Something Nice

Say something nice to someone today but
make sure it's true what you have to say.

You may never know just how much it meant.

But a loving message is what you sent.

It may be the one thing that brought
them a smile.

So look around you is my advice.

Make someone happy and say something nice.

Mary Ratzlaff Walker

White Christmas Tea Menu

Tea Breads

Orange - Currant Scones
Chives, Bacon, and Blue Cheese Scones

Savories

Ham - and Radish Tea Sandwiches
Cranberry Relish
Spicy White Cheddar Pimento Cheese
Canapes

Sweets

White Chocolate - Macadamia- Cookies
Pecan Tassies
Dotted Shortbread Cookies

Teas

Royal Palace
Vanilla Almond
Peach Honey

Tea Breads

Orange-Currant Scones

(makes 12 to 16 scones)

2 cups all-purpose flour
1 tablespoon baking powder
3 tablespoons sugar
½ teaspoons salt
3 tablespoons cold unsalted butter
½ cup dried currants
1 teaspoon fresh orange zest
¾ cup milk
2 teaspoons fresh lemon juice
1 large egg, lightly beaten
3 tablespoons heavy whipping cream

- Preheat oven to 450°. Stack two baking sheets together, and line the top pan with parchment paper. Set aside.
- In a large bowl, combine the flour, baking powder, sugar, and salt; whisk to combine. Cut the butter into small pieces, and add to flour mixture. Using a pastry blender or fork, cut butter into flour mixture until mixture resembles coarse crumbs.
- Add the currants and orange zest to the flour-butter mixture, and toss to combine. In a small bowl, combine the milk and lemon juice; set aside for 10 minutes. Add the milk mixture and egg to the flour mixture, and stir until dough just comes together. Do not overmix.
- Transfer dough to a floured surface, and knead gently 4 or 5 times. Pat or roll the dough into a 1½-inch-thick circle. Using a 2-inch round cutter, cut dough into 12 scones, rerolling dough as needed. Place the scones on the baking sheet, and brush the tops with the cream. Bake for 10 minutes, or until edges are lightly brown. Transfer to a wire rack to cool.

Tea Breads (continued)
Chive, Bacon, and Blue Cheese Scones
(makes 9 scones)

1½ cups soft-wheat self-rising flour
1 tablespoon sugar
¼ cup cold butter
6 tablespoons crumbled blue cheese
¼ cup cooked chopped bacon (approximately 4 slices)
2 tablespoons chopped chives
½ cup heavy whipping cream

- Preheat oven to 350°.
- Line a baking sheet with parchment paper. Set aside.
- In a large mixing bowl, combine flour and sugar. Using a pastry blender, cut butter into flour mixture until mixture resembles coarse crumbs.
- Add cheese, bacon, and chives, stirring with a wooden spoon.
- Add cream, stirring until all ingredients are combined and a soft dough forms. (If dough seems dry and mixture does not come together, add more cream, 1 tablespoon at a time, until uniformly moist.)
- Using a levered ¼-cup scoop, drop dough 2 inches apart onto prepared baking sheet.
- Bake until lightly browned, 18 to 20 minutes.
- Serve Warm

NOTE: Can be made early in the day and then warmed in a conventional oven at 350° for approximately 5 minutes.
Do not reheat in a microwave oven.

Savories

Ham-and Radish Tea Sandwiches

(makes 24 sandwiches)

12 thin slices wheat sandwich bread
¼ cup cream cheese, softened
2 tablespoons finely chopped fresh chives
½ teaspoon lemon zest
½ teaspoon grated fresh horseradish
½ pound thinly sliced ham
10 radishes, thinly sliced
Garnish: fresh chives

- Using a 2½-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, and mix until well combined; set aside. Layer 2 to 3 slices of the ham on top of one another, and using the same 2½-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 3 slices of radish. Garnish with fresh chives, if desired.

Cranberry Relish

2½ pounds cranberries - washed, chopped and drained about
12- ounces per bag (about 3 bags)
4 medium navel oranges - washed, peeled, and chopped
2 cups sugar
1½ cups boiling water
1 box (3 ounces) lemon jello
1 box (3 ounces) raspberry jello
1 cup pecans - chopped

Stir jello into boiling water. Mix together all ingredients. Refrigerate over night.

Savories (continued)
Spicy White Cheddar Pimento Cheese Canapés
(makes 24 canapés)

12 slices multigrain bread
8 ounces sharp white cheddar cheese, shredded
8 ounces Monterey Jack cheese, shredded
¼ cup plus 1 tablespoon mayonnaise
½ teaspoon ground cayenne pepper
½ cup diced marinated roasted red peppers
½ cup chopped toasted pecans
¼ cup minced chives
Garnish: fresh chives

- Using a 2-inch flower shaped cutter, cut 2 shapes from each slice of bread. Set aside.
- In the work bowl of a food processor fitted with the blade attachment, combine cheeses, mayonnaise, and cayenne. Pulse until mixture is mostly smooth.
- Add peppers, pecans, and chives, stirring to combine. (at this point, mixture may be refrigerated in a covered container for several hours. Store bread flowers in an air-tight container at room temperature)
- Just before serving, spoon a small amount of mixture onto center of each bread flower.
- Garnish with fresh chives, if desired

Sweets

White Chocolate-Macadamia Cookies

(makes 4 dozen cookies)

1¼ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
½ cup butter, softened
½ cup light brown sugar
¼ cup sugar
1 large egg
½ teaspoon vanilla extract
¾ cup white chocolate morsels
¼ cup chopped salted macadamia nuts

- Preheat oven to 350°.
- Line 4 baking sheets with parchment paper. Set aside.
- In medium bowl, combine flour, baking soda, and salt, whisking until blended. Set aside
- In a large bowl, beat butter and sugars at medium speed with an electric mixer until light and fluffy. Add egg and vanilla, beating until incorporated. Add flour mixture to butter mixture, beat until well combined. Add white chocolate and nuts, stirring to combine.
- Using a small (2-teaspoon) cookie scoop, drop dough 2 inches apart onto prepared baking sheets.
- Bake until cookies are golden brown, 6 to 8 minutes. Cool on wire racks. When completely cool, store in an airtight container.

Sweets (continued)

Pecan Tassies

(makes 24 tassies)

½ cup plus 1 tablespoon softened, unsalted butter, divided
1 (3-ounce) package cream cheese, softened
1 cup all-purpose flour
1 large egg
¾ cup firmly packed light brown sugar
1 teaspoon vanilla extract
⅛ teaspoon salt
½ cup chopped pecans
24 pecan halves

- In a large bowl, using an electric mixer at medium speed, combine ½ cup butter and cream cheese; beat until well combined. Reduce mixer speed to low, and add the flour. Beat until combined. Wrap the dough tightly with plastic wrap, and refrigerate for 1 hour.
- Preheat oven 325°.
- Shape dough into 24 (1-inch) balls, and place in wells of a mini muffin pan. Press the dough evenly into bottoms and up the sides of the wells.
- In a medium bowl, using an electric mixer at medium speed, combine the egg, brown sugar, vanilla extract, remaining 1 tablespoon of butter, and salt; beat until well combined. Fold in the chopped pecans.
- Spoon the pecan filling evenly into each dough cup, top each with a pecan half. Bake for 30 to 35 minutes, or until the crusts are golden brown. Remove from oven, and let cool for 10 minutes. Transfer the tassies to a wire rack, and cool completely.

Sweets (continued)

Dotted Shortbread Cookies

(makes 54 Cookies)

1 cup all-purpose flour

¼ cup confectioners' sugar

¼ cup sugar

½ teaspoon salt

½ cup butter, softened

¾ teaspoon vanilla extract

2 tablespoons turbinado sugar

Garnish: Lemon Curd (recipe follows) and fresh blueberries

- In the work bowl of a food processor, combine flour, confectioners' sugar, sugar, and salt, pulsing to blend. Add butter and vanilla extract, pulsing until dough comes together in a ball. Divide dough into 2 equal portions. Shape dough portions into 10-inch-long ropes. Set aside.
- Place 2 (12-x-2-inch) sheets of plastic wrap on work surface. Sprinkle each with 1 tablespoon turbinado sugar.
- Place dough rope on each prepared sheet, and roll in sugar to coat. Wrap each dough portion in plastic wrap, twisting ends to seal. Refrigerate until dough is very hard, 6 to 8 hours.
- Preheat oven to 325°.
- Line baking sheets with parchment paper. Set aside.
- Remove plastic wrap from dough. Cut cold dough into ¼-inch slices, and place on prepared baking sheets.
- Bake until cookie edges are light golden brown, 12 to 13 minutes. Let cool on wire rack.
- Garnish the top of each cookie with ¼ teaspoon Lemon Curd and a blueberry, if desired.

Sweets (continued)

Lemon Curd

(makes $\frac{3}{4}$ cup)

3 egg yolks
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup fresh lemon juice
2 tablespoons butter

- In top of a double boiler or a bowl placed over simmering water, combine egg yolks and sugar, whisking well. Add lemon juice, and whisk constantly, cooking until mixture thickens, approximately 10 minutes.
- Remove from heat. Add butter, whisking until melted. Let cool for 1 hour.
- Store in an airtight container in refrigerator for at least 4 hours and up to 3 days.

Use the following chart as a beginning temperature guide, and then experiment.

BLACK TEA:

4 to 5 minutes at 212°

OOLONG TEA:

4 to 7 minutes at 195° to 210°

GREEN or WHITE TEA

2 to 5 minutes at 165° to 180°

How is Tea Made?

Tea leaves from the *Camellia sinensis* plant are plucked from new leaf growth and only the first two leaves and bud are selected for processing. New leaf is the sweetest.

Tea experts categorize tea by how it's processed in terms of oxidation, the color of the finished leaves and the color of the resulting liquor.

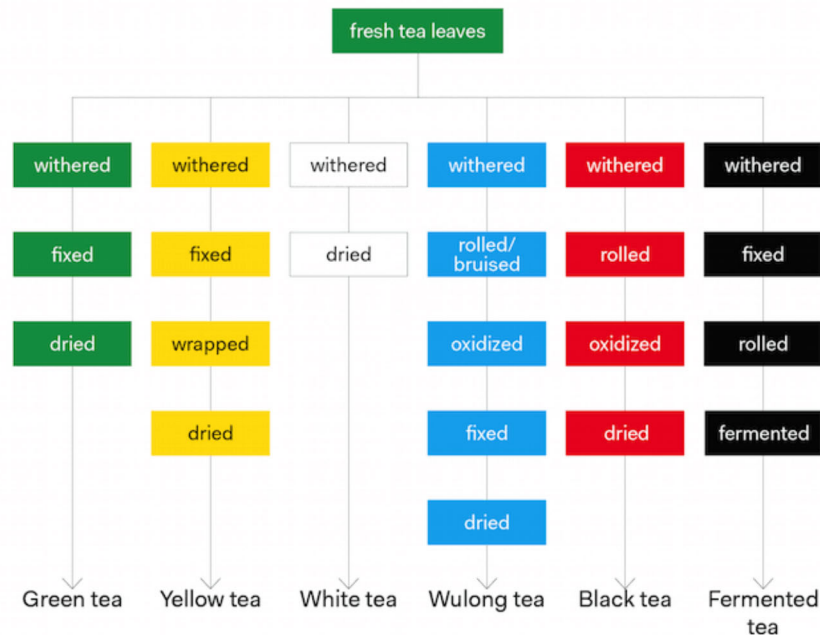
To understand the different types of tea, it's best to first understand how tea is made:

As soon as the leaves are plucked, they begin to oxidize. Oxidation changes the enzymes influencing the flavor of the tea. Heating the tea leaves stops the oxidation process.

Green and yellow teas are heated (or fixed) as soon as they get to the processing plant to prevent oxidation. This is done by steaming, pan-firing or oven drying.

Oolong and black teas are partially or fully oxidized. The leaves are first withered, allowing them to dry removing some of the moisture. Firing and tumbling are applied to the oolongs in varying degrees to prevent further oxidation.

The following chart is a beautiful visual of the six types of tea and how they are processed



Tea Time

Royal Palace Tea - Black Tea

Black tea infused with lemon and grapefruit.

Vanilla Almond - Black Tea

Black tea with the smoothness of Madagascar vanilla beans and almonds.

Simply Balance Peach Honey - White Tea

White tea and chamomile infused with Peach Honey

Peach and Honey Syrup

8 cups peach juice

Make this juice by simmering the peach peels covered with about 6 cups water until they are super soft. Cool and strain in cheesecloth or jelly bag. This is your Juice.

4 cups Sugar or 3 cups bee honey

Place the juice in the saucepan and heat over medium to high heat. When it boils vigorously, add the sugar ($\frac{1}{2}$ as much sugar as there is juice) Boil down until it is thick like honey. (You can also cook it on low overnight in a crockpot).

Can with $\frac{1}{4}$ inch head space and process for 10 minutes in water canner.

This way the peach "body" is used to can peach slices and the peels are used to make honey. Apple syrup can be made the same way from the peels.

Making Tea

by Bruce Richardson

Making tea is a serendipitous event. No manual guarantees perfect tea if you follow five easy steps. Read 10 books by tea experts, and you will find 10 different procedures and brewing times. The only constant is that your cup of tea will vary because of the freshness of the tea, the quality and temperature of the water, and the brewing time. Water temperature is very important in the brewing ritual. The general rule to remember is the more oxidized the tea, the hotter the water.

The Tea

- * Use fresh, whole-leaf tea from a reputable tea merchant.
- * Keep tea stored in an airtight tin away from heat, light, moisture, and odors.

The Equipment

- * Invest in a good-quality kettle (electric or stove top) to heat water to the proper temperature.
- * Purchase a teapot that is heavy enough to hold heat. Porcelain is often best, but Asian iron or clay pots are becoming very popular.
- * Use a basket infuser or disposable paper tea filter to hold loose tea in the teapot. (A tea ball does not allow the tea leaves to rehydrate and fully expand.)
- * Use a gram scale or measuring spoon. (A measuring spoon does not always work because some tea leaves are bigger than others.)
- * Install a water filter on the cold-water source, or use an inexpensive pitcher filter to remove chlorine and iron. (The quality of the water you use is equally as important as the quality of your tea. You could steep fantastic teas in poor water, and the result would always be less than perfect.)

The Procedure

- * Fill the kettle with filtered cold water, and heat.
- * Warm the teapot with hot tap water.
- * Discard the water in the teapot
- * Using an infuser basket or tea filter, add 2 to 3 grams of tea per cup to the teapot. (For an English-style tea, simply place the loose leaves in the pot, then pour the brewed tea through a strainer into a cup. Be warned: The second cup of tea may be overbrewed and bitter.)
- * Pour the hot or boiling water over the leaves in the pot. Agitate occasionally.
- * Remove the infuser, and pour the tea into cups. Taste the tea before making additions such as milk, lemon, or sugar. Milk is generally not added to white, green, oolong, or flavored teas.



Notes:

