



2010 SPRING TEA RECIPES from Women's & Children's Free Restaurant



Lemon Muffins

1 1/4 cups all-purpose flour	1 tsp. baking powder
1/2 tsp. Salt	1 stick unsalted butter, at room temperature
1 cup sugar	2 eggs
1/2 cup milk	Juice and zest of one medium lemon

For the lemon glaze:

1/2 cup powdered sugar	5 Tbs. fresh lemon juice
1 1/2 tsp. Milk	

Preheat an oven to 350°F. Spray muffin tins w/baking spray.

In a bowl, stir and toss together the flour, baking powder and salt. Set aside.

In the bowl of an electric mixer fitted with a paddle attachment, beat the butter and sugar on medium speed until blended, 2 to 3 minutes. Add the eggs one at a time, beating well after each addition.

Reduce the speed to low and add the flour mixture along with the milk, lemon juice and lemon zest. Beat until blended and smooth, stopping the mixer occasionally to scrape down the sides of the bowl.

Spoon the batter into the muffin tins and bake until a toothpick inserted into the center comes out clean, about 18 minutes.

Meanwhile, make the lemon glaze: In a small bowl, combine the powdered sugar, milk and lemon juice. Set aside, stirring occasionally.

Remove the muffins from the oven and transfer the pan to a wire rack. Cool for 5 minutes then remove the muffins to the rack and cool for another 5 minutes. Place a sheet of aluminum foil or waxed paper under the rack :) Drizzle the lemon glaze over the muffins and cool completely

Pumpkin bread

1 (15 ounce) can pumpkin puree	4 eggs
1 cup vegetable oil	2/3 cup water
3 cups white sugar	3 1/2 cups all-purpose flour
2 teaspoons baking soda	1 1/2 teaspoons salt
1 teaspoon ground cinnamon	1 teaspoon ground nutmeg
1/2 teaspoon ground cloves	1/4 teaspoon ground ginger

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.



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Coconut bread

2 cups white sugar	1 cup vegetable oil
4 eggs	2 teaspoons coconut extract
3 cups all-purpose flour	1/2 teaspoon salt
1/2 teaspoon baking powder	1/2 teaspoon baking soda
1 cup buttermilk	1 cup shredded coconut

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x5 inch loaf pan.

In a large bowl, beat together sugar and vegetable oil. Beat in eggs and coconut extract. In a separate bowl, sift together flour, salt, baking powder and baking soda. Stir flour mixture into egg mixture alternately with buttermilk and coconut.

Bake in preheated oven for 45 minutes, until a toothpick inserted into center of the loaf comes out clean.

Creamy chicken and wild rice soup

4 cups chicken broth	2 cups water
2 cooked, boneless chicken breast halves, shredded	1 (4.5 oz) pkg quick cooking long grain and wild rice with seasoning packet
1/2 teaspoon salt	3/4 cup all-purpose flour
1/2 teaspoon ground black pepper	2 cups heavy cream
1/2 cup butter	

In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

History of High Tea - History English Afternoon Tea

In England, the traditional time for tea was four or five o'clock and no one stayed after seven o'clock. Most tea rooms today serve tea from three to five o'clock. The [menu](#) has also changed from tea, bread, butter and cakes, to include three particular courses served specifically in this order:

Savories - Tiny sandwiches or appetizers

Scones - Served with jam and Devonshire or clotted cream

Pastries - Cakes, cookies, shortbread and sweets



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Cucumber tea sandwiches

medium size cucumbers
shaker of dill weed
1 pkg rye or wheat cocktail bread

1 tub whipped cream cheese spread
ranch dressing mix

Wash cucumbers well. Using a fork, scrape down the cucumbers lengthwise leaving "stripes" all the way around. Slice the cucumbers into 1/4 inch slices or thinner. Set aside.

In a small bowl, stir together cream cheese and dressing mix; combine well.
Using a butter knife, spread the mixture onto the individual slices of small cocktail bread (cocktail bread might be found in your deli)

Egg salad sandwiches

6 hard cooked eggs, chopped
1/3 c. mayonnaise or salad dressing
1/4 tsp. Salt
12 slices of bread

1/2 c. finely chopped celery
1 tbsp. chopped onion
Dash of pepper

Mix all ingredients except bread. Spread about 1/3 cup egg mixture on half of the bread slices. Top with remaining bread slices. Makes 6 sandwiches.

Chicken salad sandwiches

3 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper
1 teaspoon curry powder
1/4 cup chopped, blanched almonds/walnuts, toasted
1/4 cup grapes

4 boneless, skinless chicken breasts (about 1 1/2 lbs total)
1/2 cup mayonnaise, plus extra, if you like, for spreading
1/2 lemon, juiced
8 slices good-quality, dense white bread such as Tuscan

Preheat the oven to 400 degrees F.

Heat the oil in a large ovenproof skillet over medium-high heat until smoking. Sprinkle the chicken breasts on both sides with salt and pepper. Put them in the pan in a single layer, and brown them 2 minutes on each side. Put the skillet in the oven and roast until the chicken is just cooked through, about 15 minutes. Remove from the oven and cool.

Chop the cooled chicken and put it into a large bowl. Add the rest of the ingredients and toss. Season with salt and pepper. Spread 4 bread slices with mayonnaise, if you like, and spread with the curried chicken. Top with another slice of bread and serve.



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Russian tea cookie

1 cup butter	1 teaspoon vanilla extract
6 tablespoons confectioners' sugar	2 cups all-purpose flour
1 cup chopped walnuts	1/3 cup confectioners' sugar for decoration

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, cream butter and vanilla until smooth. Combine the 6 tablespoons confectioners' sugar and flour; stir into the butter mixture until just blended. Mix in the chopped walnuts. Roll dough into 1 inch balls, and place them 2 inches apart on an ungreased cookie sheet.

Bake for 12 minutes in the preheated oven. When cool, roll in remaining confectioners' sugar.

Lemon Bars

Shortbread Crust:

1/2 cup unsalted butter, room temperature	1/4 cup powdered sugar
1 cup all purpose flour	1/8 teaspoon salt

Lemon Filling:

1 cup granulated white sugar	2 large eggs
1/3 cup lemon juice (approx. two large lemons)	1 Tbs grated lemon zest
2 tablespoons (25 grams) all purpose flour	

Garnish:

Confectioner's (powdered or icing) sugar

TIP: Always remove the zest first before halving and squeezing the lemon. Use a fine strainer to remove the seeds and pulp from the juice.

-Preheat oven to 350 degrees F (177 degrees C) and place the oven rack in the center of the oven. Butter, or spray with a non stick vegetable spray, an 8 x 8 inch (20 x 20 cm) pan.

-Shortbread Crust: In the bowl of your electric mixer, or with a hand mixer, beat the butter and sugar until light and fluffy. Add the flour and salt and beat until the dough just comes together. Press onto the bottom of your prepared pan and bake for about 20 minutes, or until lightly browned. Remove from oven and place on a wire rack to cool while you make the filling.

-Lemon Filling: In your electric mixer, or with a hand mixer, beat the sugar and eggs until nice and smooth. Add the lemon juice and zest and stir to combine. Fold in the flour. Pour the filling over the shortbread crust and bake for about 20 minutes, or until the filling has set. Remove from oven and place on a wire rack to cool.

-To serve: Cut into squares and dust with powdered sugar. These are best eaten the day they are made but can be covered and stored in the refrigerator for a day or two.

Yield: 16 - 2 inch (5 cm) bars



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Pecan Tarts

1 cup butter	6 ounces cream cheese, softened
2 cups all-purpose flour	4 eggs
3 cups packed brown sugar	4 tablespoons melted butter
1 pinch salt	1 teaspoon vanilla extract
1 cup chopped pecans	

To Make Pastry: Cream butter or margarine and cream cheese. Add flour and mix well. Make into 48 balls; place one ball in each cup of a mini tart pan. Use your fingers or a tart tamper to press out into a tart shell.

To Make Filling: Break the eggs, but do not beat. Add sugar, melted butter, salt, vanilla and pecans. Mix well. Fill the tart shells. Bake at 350 degrees F for about 30 minutes or until delicately browned.

The recipes included in this five-page section were all those of delicacies served at the 2010 Spring Tea, which took place on Saturday, May 8, in the Providence Auditorium of Sacred Heart Medical Center. Each table was decorated individually by the groups who bought the tables. What an extraordinary sight it was, as each of the tea attendees were served in the Spring Tea tradition!

More History of High Tea - History English Afternoon Tea

High Tea is often a misnomer. Most people refer to afternoon tea as high tea because they think it sounds regal and lofty, when in all actuality, high tea, or "meat tea" is dinner. High tea, in Britain, at any rate, tends to be on the heavier side. American hotels and tea rooms, on the other hand, continue to misunderstand and offer tidbits of fancy pastries and cakes on delicate china when they offer a "high tea."

Afternoon tea (because it was usually taken in the late afternoon) is also called "low tea" because it was usually taken in a sitting room or withdrawing room where low tables (like a coffee table) were placed near sofas or chairs generally in a large withdrawing room. There are three basic types of Afternoon, or Low Tea:

Cream Tea - Tea, scones, jam, and cream

Light Tea - Tea, scones and sweets

Full Tea - Tea, savories, scones, sweets and dessert

Prior to the introduction of tea into Britain, the English had two main meals, breakfast and dinner. Breakfast was ale, bread, and beef. During the middle of the eighteenth century, dinner for the upper and middle classes had shifted from noontime to an evening meal that was served at a fashionable late hour. Dinner was a long, massive meal at the end of the day.