

# Afternoon Tea is generally four courses



## 1st Course – generally found on the bottom level of the Tier

### SCONES:

Scones are thought to have originated in Scotland in the early 1500's and the first known print reference was made by a Scottish poet, Gavin Douglas in 1513. The word scone may have come from the Dutch word *schoonbrot*, a quick bread.

We are also serving Lemon Curd and Clotted Cream traditionally eaten with scones.

*Our scones today were made by Stephanie Haimes and Barbara Phillips*

## 2nd Course – found on the middle level of the tier

### SAVORIES:

#### Coronation Chicken Sandwich

It was created by Constance Spry, an English food writer and flower arranger, and Rosemary Hume, a chef, for the coronation of Queen Elizabeth II in 1953.

#### Cucumber Sandwich

The cucumber sandwich originated in 19th Century India where British army officers were served the sandwiches to stay cool and hydrated in the heat. The Cucumber high-water content helped keep them cool and hydrated. During the Victorian era, cucumber sandwiches became a popular on the afternoon tea menu for the upper class in Britain.

#### Roast Beef and Mustard Sandwich

The sandwich, as we know it today, is commonly attributed to John Montagu, an 18th century English aristocrat who enjoyed gambling and didn't want to leave his card game to eat. He asked his servant to bring him salted beef between two slices of toasted bread so he could eat while he played. His peers liked the idea and began calling it "the same as Sandwich."

## 3rd Course – found on the top level of the tier

### SWEETS:

#### Root Cake

In Jane Austen's *Emma* she was: "a little shocked at the want of two drawing rooms at the poor attempt at Root-cakes, and there being no ice in the Highbury card parties."

#### Lemon Drizzle Cake

Evelyn Rose's 1967 recipe collection popularized the version we now recognize. Rose was a Jewish cookery writer who described her "luscious lemon cake" as a light sponge flavored with lemon zest and juice.

#### Chocolate Tiffin

Chocolate Tiffin is a classic British treat that originated in Scotland in the early 1900's in a Bakery in Troon Scotland. "Tuffin" comes from the British slang term "tiffing", meaning to take a sip. In colonial India, the British adopted the practice of snacks or light meals between regular meals.

*The Savories and Sweets were made by the Kilted Kitchen.*

#### Jane Austen Silhouette Sugar Cookie

*Our signature Cookie*

We have served this cookie for the five years the Fest has been in existence.

## 4th Course

### TEA

The Tea being served was especially blended for us by Kathy Niles o Tantalizing Tea called Divine Jane. It can be purchased at her Booth here the Fest.

*Food allergen statement: Our food is processed in a kitchen that may be exposed to eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans or sesame*