



NATIONAL CREAM TEA DAY

RECIPE BOOKLET



FOOD THEME DAYS
2020

THURSDAY 25TH

JUN

NATIONAL CREAM TEA DAY!

CRUMBLY SCONES, STICKY FRUIT JAM, LASHINGS OF CLOTTED CREAM AND PERFECTLY BREWED TEA. IT'S CERTAINLY A HEAVENLY COMBINATION, BUT WHERE DID IT ALL BEGIN?

BRITAIN'S LOVE AFFAIR WITH TEA BEGAN WHEN PORTUGUESE CATHERINE DE BRAGANZA MARRIED CHARLES II IN 1662, BRINGING THE CUSTOM OF DRINKING TEA AT COURT WITH HER AND MAKING TEA POPULAR WORLDWIDE. WHILST IN 1706, THOMAS TWINING OPENED LONDON'S FIRST TEAROOM AND BEFORE LONG, A FLURRY OF TEAROOMS APPEARED ACROSS THE CITY, A FAR SIGHT MORE INVITING FOR A LADY IN THOSE DAYS THAN THE THEN MALE-ORIENTED COFFEE HOUSES.

THE CREAM TEA TRADITION FLOURISHED IN THE WEST COUNTRY FOLLOWING THE TOURISM BOOM IN THE 1850S, BROUGHT ON BY THE OPENING OF THE RAILWAY. VISITORS BUSTLED SOUTH LOOKING TO RELAX AND INDULGE, AND HOTELS, TEAROOMS, FARMHOUSES AND CAFÉS WERE HAPPY TO OBLIGE, OFFERING DELICIOUS AFTERNOON CREAM TEAS, MADE WITH THE FINEST LOCAL INGREDIENTS. THE JAM WAS INVARIABLY STRAWBERRY AND THE CREAM WAS ALWAYS CLOTTED.

CREAM THEN JAM, OR JAM THEN CREAM? IT'S THE DIFFERENCE BETWEEN THE CORNISH AND THE DEVONSHIRE CREAM TEA AND THE CAUSE OF MUCH CONTROVERSY.

A COUPLE OF HINTS TO HELP; DON'T TREAT YOUR CLOTTED CREAM LIKE BUTTER AND YOUR SCONE WILL BE ALL THE BETTER AND THE PERFECT SCONE SHOULD BREAK APART WITH A SIMPLE TWIST! JUST MAKE SURE YOU'VE GOT YOUR SAUCER TO CATCH THE CRUMBS.

HAVE A LOOK THROUGH THIS FINE SELECTION OF RECIPES WE HAVE PUT TOGETHER FOR YOU TO TRY AND TO CELEBRATE THIS GREAT BRITISH INSTITUTION, THE CREAM TEA...

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NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Chilled cucumber soup

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS

- 60g Unsalted Butter
- 1 Onion
- 3 Cucumbers
- 1 ½ltr Chicken Stock
- ½ Chives, bunch
- ½ Flat Parsley, bunch
- 2 Lemons
- 200ml Single Cream

METHOD

1. Peel and dice the onion and roughly chop the cucumbers.
2. Melt the butter in a large pan and sauté the onions over a medium heat for 4 to 5 minutes, or until softened.
3. Add the cucumber, reduce the heat to low and continue to cook for 5 minutes.
4. Add the stock, bring to the boil then reduce the heat again. Season well with sea salt and black pepper, and leave to simmer for 5 minutes.
5. Chop and add the chives, parsley leaves, squeeze in the lemon juice and cook for a further 5 minutes.
6. Transfer to a blender and puree until smooth. Place in a container and allow to cool, check seasoning and then refrigerate until cold. Then whisk in the cream.
7. Serve with a fresh squeeze of lemon, chopped herbs and season.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Cheese & pumpkin scones

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS

- 1 Medium Egg, beaten
- 100ml Milk, semi skimmed
- 250g Self-raising Flour, plus extra for dusting
- ¼tsp. Cayenne Pepper
- 60g Cold Butter, diced
- 85g Parmesan Cheese, finely grated
- 1tbsp. Pumpkin Seeds
- Lo Salt, pinch

METHOD

1. Preheat the oven to 200°C. Lightly oil a baking sheet. Beat the egg in a measuring jug and add enough milk to make 150ml liquid in total.
2. Sift the flour, cayenne pepper and a pinch of salt into a food processor. Add the butter, blitz whiz to fine crumbs, and then tip the mixture into a bowl. Otherwise, sift the flour mixture into a bowl and, using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs.
3. Mix the cheese thoroughly into the 'crumb' mix. Stir in the egg and milk until it forms a soft dough. Turn out on to a lightly floured surface and lightly knead the dough until it is just smooth.
4. Roll out the dough evenly to about 2-2.5cm thick. Using a 6cm diameter scone cutter, quickly stamp out your scones. Place on the baking sheet. Gather the scraps together, re-roll and cut out more scones.
5. Brush the top of the scones with a little milk. Scatter a few pumpkin seeds over each scone and very lightly press them into the dough. Immediately place in the oven and bake for approx. 20 minutes, until well risen and golden.
6. Cool on a wire rack.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Chocolate & orange scones

SERVES



Fourteen

ALLERGENS



Wheat, Rye, Oats, Barley,
Sulphur Dioxide, Milk, Gluten,
Soya

INGREDIENTS

- 700g Self-raising Flour
- 150g Butter
- 150g Caster Sugar
- 2 Large Oranges, finely grated zest of both and juice of one orange
- 150g Chocolate Drops
- 200ml Whole Milk, plus extra for brushing

METHOD

1. Preheat the oven to 210°C. Lightly grease two baking trays.
2. Sift the flour into a bowl. Rub in the butter using your hands until the mixture resembles fine breadcrumbs. Stir in the sugar, chocolate drops and orange zest.
3. In a measuring jug, mix the milk with the juice of one orange. Add to the flour mixture gradually until the dough just comes together. You may not need all the liquid. Be careful not to overwork the scone dough.
4. Roll out the dough to approximately 2cm thickness and cut out scones using a 5-6cm cutter.
5. Transfer the scones to the buttered baking trays, brush the tops with milk and bake in the centre of the oven for 10-12 minutes, or until risen and golden-brown.
6. Remove from the oven and cool on wire rack.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Rich fruit scones

SERVES



Ten

ALLERGENS



Wheat, Sulphur Dioxide, Milk, Eggs, Gluten

INGREDIENTS

- 225g Self-raising Flour
- 40g Golden Caster Sugar
- 75g Unsalted Butter, softened
- 50g Mixed Dried Fruit
- 1 Egg, free range, beaten
- 4tbsp Milk, semi skimmed

METHOD

1. First sift the flour into a bowl, add the sugar and rub the butter into the dry ingredients until the mixture looks crumbly.
2. Sprinkle in the dried fruit, pour in the beaten egg, add the milk, a little at a time, you may not need it all. Start to mix to a dough with a knife, then bring the mixture together using your hands – it should be a soft but not a sticky dough. Form the dough into a ball and turn it out onto a lightly floured working surface.
3. With a floured rolling pin, roll it out gently to a thickness of about 3cm, any thinner and they won't rise well. Take a pastry cutter to cut out and when you have cut as many as you can, knead the remaining dough together again and repeat.
4. Place the scones on the baking sheet, dust each one with flour and bake near the top of the oven for approx. 12 minutes. When they're done they will have risen and turned a golden brown.
5. Remove them to a cooling tray and serve very fresh, split and spread with butter.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Really fruity strawberry jam

SERVES



Three x 500ml Jars

ALLERGENS



Milk

INGREDIENTS

- 1 ¼kg Strawberry, hulled and large ones halved
- 1kg Jam Sugar
- 1 Lemon, juiced
- 20g Unsalted Butter

METHOD

1. Layer the strawberries and sugar in a large bowl, finishing with a layer of sugar. Cover the bowl and leave for 24 hrs. Meanwhile, put a couple of saucers in the freezer to chill.
2. Next day, the juices will have been drawn out from the fruit, leaving you with a bowl of berries in a sugary pink syrup. If this hasn't happened, give the berries a quick stir, then leave for a few more hrs.
3. Tip the mixture into a preserving pan (or a large pan with wide, sloping sides) and warm to dissolve the remaining sugar. Once dissolved, bring to the boil, stirring frequently until bubbling.
4. Pour in the lemon juice, return to the boil, then boil hard for 10 mins, stirring occasionally. If the surface of the jam starts to look a little scummy, add the butter. Take from the heat, then drop a little jam onto a chilled saucer. Let it cool a little, then push your finger through the jam. If the jam parts, leaving wrinkled ripples, it is ready.
5. Allow the jam to cool for 30 mins, then pot into sterilised jars and, when the jam is cool, label the jars, store in the fridge.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Dried apricot jam

SERVES



Four x 300ml Jars

ALLERGENS



Sulphur Dioxide

INGREDIENTS

- 500g Whole Dried Apricot, chopped
- Juice 3 Large Lemons
- 1½ kg Jam Sugar

METHOD

1. Put the apricots in a large pan, add 1.5 litres water, cover and leave overnight to soak.
2. Next day, place a small plate in the fridge to chill. Put the apricots and water on the hob, then add the lemon juice and bring to the boil. Reduce the heat, then simmer for 30 mins or until the apricots are tender and starting to break up.
3. Remove from the heat and add the sugar, stirring until it dissolves. Return to the heat and boil rapidly for 20 mins or until setting point is reached. To check this, remove the plate from the fridge, put a spoonful of jam onto the plate and pop it back in the fridge for a few mins – the jam should wrinkle when you push it with your finger.
4. Carefully pour the jam into hot sterilised jars, top with a disc of wax paper or baking parchment, seal with a lid, then leave to cool and set.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Orange & raspberry cheesecake bars

SERVES



Ten

ALLERGENS



Wheat, Oats, Milk, Eggs,
Gluten

INGREDIENTS

For the base:

- Butter, for greasing
- 2tbsp. Sugar
- 1/8tsp. Ground Cinnamon
- 9 Digestive Biscuits
- 55g Unsalted Butter, melted

For the filling:

- 450g cream cheese
- 2 eggs
- 1 orange, zested and juiced
- 100g caster sugar
- 50g fresh raspberries
- Icing sugar, for dusting

METHOD

1. Preheat oven to 170°C.
2. Grease the bottom of a 22 by 22cm baking pan with butter. Then place parchment paper over the top, pressing down at the corners.
3. In a food processor, process the sugar, cinnamon and digestive biscuits until you have the texture of bread crumbs. Add the melted butter and pulse a couple of times to fully incorporate. Pour into the lined baking pan and gently pat down with the base of a glass. Bake in the oven for 12 minutes until golden. When done set aside to cool.
4. Add cream cheese, eggs, orange zest, 1/2 of the orange juice and sugar to the food processor and mix until well combined. It should have a smooth consistency. Pour onto the cooled base and then cover with the raspberries. They will sink slightly but should still be half exposed -- as the cake bakes they will sink a little more and break down.
5. Bake in the oven for approx. 35 minutes, until the centre only slightly jiggles.
6. Remove from the oven and cool completely before refrigerating for at least 3 hours. Once set, remove from pan using the parchment lining and slice into 10 rectangular bars.
7. Dust with icing sugar to serve.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Victoria sponge cup cakes

SERVES



Twelve

ALLERGENS



Wheat, Milk, Gluten, Eggs

INGREDIENTS

For the sponge:

- 225g Stork
- 225g Caster Sugar
- 4 Eggs, free range
- 225g Self-raising Flour
- 1tsp. Baking Powder

For the filling:

- 2tbsp. Strawberry Jam
- 150ml Whipped Cream
- 50g Icing Sugar, to dredge

METHOD

1. Preheat the oven to 180°C.
2. Place all cake ingredients in a mixing bowl and beat together until smooth.
3. Place heaped tablespoons of the mixes in 12 muffins cases.
4. Bake in centre of the preheated oven for approx. 20 minutes.
5. Turn out, remove paper and cool on wire tray. When cold, remove the cakes from the cases and cut in half horizontally.
6. To finish, fill with the jam and whipped cream and a dusting of icing sugar.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Fondant French Fancies

SERVES

Twenty-five

ALLERGENS

Wheat, Soya, Milk, Eggs,
Gluten

INGREDIENTS

- 225g Stork
- 150g Unsalted Butter
- 4 Eggs, free range
- 225g Self-raising Flour
- 14g Baking Powder
- 300g Icing Sugar
- ½tsp. Vanilla Extract
- 1tbsp. Milk, semi skimmed
- 125g Apricot Jam
- 1kg White Fondant Icing
- 150ml Tap Water
- Food Colouring
- 100g Dark Chocolate

METHOD

1. Grease and line a 20cm square, shallow tin. Pre-heat the oven to 160°C. Beat together 225g stork, caster sugar, eggs, flour and baking powder until creamy.
2. Put in the tin and level the top. Bake for approx. 45 minutes. Remove from the oven and set aside to cool on a wire rack, then cut into 25 squares.
3. Beat the butter for the icing until soft. Gradually beat in the icing sugar, vanilla and milk. Brush the sides and top of the cakes with warm apricot jam. Leave for 15 minutes to set.
4. Spread the top and sides of the cakes thinly with the buttercream. Chill until it's hard.
5. For the icing and decoration, cut the fondant icing into small cubes. Place in a sturdy free-standing mixer with a paddle. Churn the icing until it starts to break down, adding a splash of water if it's too hard. Very gradually add the water - the icing will become smooth and more liquid.
6. Put a fork into the side of the cakes and dip each square into the icing one at a time to over. Set aside on a wire rack to dry.
7. Melt the chocolate in a pan or a microwave and place into a piping bag and drizzle over the fancies to finish.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Apricot & coconut loaf cake

SERVES



Ten

ALLERGENS



Wheat, Sulphur Dioxide, Milk, Eggs, Gluten

INGREDIENTS

- 200g Unsalted Butter
- 180g Caster Sugar
- 120g Plain Flour
- 1tsp. Baking Powder
- Lo Salt, pinch
- 3 Eggs
- 80g Desiccated Coconut
- 3tbsp. Milk, semi skimmed
- 1tsp. Vanilla Extract
- 6tbsp. Apricot Jam

For the glaze:

- 1½tbsp. Apricot Jam
- 1tsp. Desiccated Coconut

METHOD

1. Preheat the oven to 180°C. Line a loaf tin with greased parchment.
2. Place the butter and sugar in the bowl of an electric stand mixer and cream until light and fluffy. Sieve the flour, baking powder and salt together. In a separate bowl, whisk the eggs together.
3. Add the egg in small additions to the creamed butter mix, making sure you beat in between each addition until the mixture has totally incorporated the egg you've added. When you've finished the egg, add the rest of the flour mix and the coconut and briefly beat to combine.
4. Add the milk and vanilla and stir briefly again until you have a uniform mixture.
5. Spread 3tbsp. of the jam over the bottom of the tin. Scoop two-thirds of the cake batter on top and level it. Swirl in the remaining 3tbsp. of jam then top with the rest of the cake mixture and level off again.
6. Bake for approx. 50 minutes until deep golden brown and a toothpick/skewer can be removed cleanly from the middle.
7. For the glaze, combine the jam with 1tbsp water in a small saucepan and heat until you have a syrup. Brush it over the top of the hot cake, using all of the glaze. Sprinkle the coconut over the top. Leave to cool in the tin for five minutes then lift out onto a wire rack to cool.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Bath buns

SERVES



Twelve

ALLERGENS



Wheat, Milk, Gluten

INGREDIENTS

- 450g Plain Flour
- 1tsp. Lo Salt
- 150g Butter
- 7g Dried Yeast
- 2tbsp. Caster Sugar
- 1tbsp. Caraway Seeds

For the glaze and finish:

- 225ml Milk, semi skimmed
- 2tbsp. Caster Sugar
- 1tbsp. Milk
- 2g Demerara Sugar
- 1g Caraway Seeds

METHOD

1. Add the salt to the flour, if using, and rub the butter in until it is like crumbs. Sprinkle in the yeast, sugar, and caraway seeds, and mix it together well. Warm the milk, and stir it into the dry ingredients to give a soft dough; add a little milk if necessary.
2. Knead for about ten minutes on a floured surface until smooth and pliable. Return to the bowl, cover with a cloth, and let it rise in a warm place until double in size. This may take two or three hours.
3. Once risen, knock it back, punching the air out of the dough and make up 12 cakes, put onto greased baking sheets, cover with oiled clingfilm and leave to rise again for up to 1 hour.
4. Preheat the oven to 190°C.
5. Bake for approx. 12–15 minutes, until golden brown.
6. Heat together the milk and sugar to a syrup for the glaze, and brush it over the hot buns, then sprinkle the demerara sugar and caraway seeds over the top to serve.

NATIONAL CREAM TEA DAY!

THEMED FOOD DAY RECIPES

25TH
JUN

Chocolate tray bake with salted caramel ganache

SERVES



Twenty-five

ALLERGENS



Wheat, Soya, Milk, Eggs,
Gluten

INGREDIENTS

- 70g Cocoa Powder
- 180g Plain Flour
- ½tsp. Bicarbonate of Soda
- 225g Dark Chocolate, chopped
- 170g Unsalted Butter
- 4 Eggs
- 300g Caster Sugar
- 1tsp. Vanilla Extract
- 240g Greek Yoghurt

For the ganache:

- 140g Caster Sugar
- 50ml Tap Water
- 250ml Double Cream
- 1tsp. Vanilla Extract
- 450g Dark Chocolate

METHOD

1. Preheat the oven to 170°C. Grease and flour the bottom and sides of a baking-tin.
2. Sift together the cocoa, flour, bicarbonate of soda and ¼tsp salt in a medium-sized bowl. In another, heatproof bowl melt the chocolate and butter over a saucepan of simmering water. Set aside.
3. Whisk the eggs, sugar, vanilla and Greek yoghurt in a large measuring jug and pour over the cooled chocolate. Fold in the dry ingredients until the batter is smooth and glossy. Pour into the prepared tin and bake for approx. 35 to 40 minutes, until the cake is firm to the touch and a toothpick inserted comes out with a few moist crumbs. Allow to cool in the tin on a wire rack.
4. Prepare the ganache by placing the sugar in a small saucepan with 50ml water. Stir slowly over a medium heat until the sugar has dissolved. Turn up the heat and boil until the syrup is a deep amber. Turn off the heat and slowly add the cream. Let the bubbles subside, then stir until the caramel is smooth. Stir in 1tsp sea salt and the vanilla. Set aside.
5. Chop the chocolate and put in a medium-sized heatproof bowl. Pour the slightly cooled caramel over the chopped chocolate. Slowly stir to blend until the chocolate is melted, stirring until smooth. Set aside to cool.
6. Once the icing has cooled and thickened, spoon over the cake and smooth. Sprinkle with toasted coconut, if using, and sea salt.



NATIONAL CREAM TEA DAY



RECIPE BOOKLET