

Afternoon Tea

(von Emily, Lucia, Daniel, Erik, Mathias)

serves: 3-4

prep time: 45minutes

cooking time: 15 minutes

Ingredients

Sandwiches:

1 cucumber
1 head of lettuce
Salmon
Cream cheese
Bacon
7 cherry tomatoes
Wheat toast
Whole-grain toast
Salt & pepper

Scones & clotted cream:

300g flour
40g sugar
¼ teaspoon salt
4 teaspoons baking powder
125g butter
1 egg
60ml milk
280g whipped cream
250g mascarpone
Strawberry jam

Tea:

3-4 Earl Grey tea bags
120ml milk
Hot water



Methods

1. First, sift flour, sugar, salt and baking powder into a bowl. Add the cold butter in small pieces and rub with your hands until the mixture feels like sand. Place the crumbs in the fridge for 10 minutes.
2. In another bowl, mix the egg, milk and 80g whipped cream together and refrigerate for 10 minutes. Then mix both mixtures together. Then put the dough in the fridge for an hour.
3. Meanwhile, combine 200g of whipped cream with the mascarpone and place it in the fridge
4. Wash and dice the cucumber, lettuce and the tomatoes into small pieces. And fry the bacon in the pan.
5. To make the sandwiches, begin by layering your ingredients onto the first



slice of toast, continuing until you have a finished sandwich with three layers of toast.

6. Preheat the oven to 180 degrees using both top and bottom heat. Roll out the dough to a thickness of 2.5cm and form circles on a floured surface.

7. Bake the scones in the oven for 15 minutes.
8. Boil water for the tea and prepare the Earl Grey tea bags by placing them in a cup and adding a shot of milk.
9. Remove the scones from the oven and serve them with strawberry jam and clotted cream.
10. Arrange everything on a plate and enjoy!

History

Afternoon tea was introduced in England by Anna, the seventh Duchess of Bedford, in 1840. The Duchess would often feel hungry around four o'clock in the afternoon, while the evening meal in her household was served fashionably late at eight o'clock. This left a long gap between lunch and dinner. To curb her hunger, the Duchess requested a tray of tea, bread and butter (inspired by the Earl of Sandwich's idea of putting a filling between two slices of bread), and cake to be brought to her room during the late afternoon. This became her routine, and she eventually started inviting friends to join her.

Clotted cream has the richness of butter combined with the creaminess of whipped cream. It is thick enough to sit on top of a scone without sinking in, making it the perfect accompaniment for a layer of jam.

British consumers manage to consume over 11.5 billion sandwiches each year, which, if laid end to end, would circle the world about 44 times. More than half of these sandwiches are made specifically for British afternoon tea.

Tipps

Feel free to get creative and personalize your sandwiches for your own version of afternoon tea

Here are some suggestions for favorite ingredients you can add:

1. Cucumber slices with cream cheese and dill.
2. Smoked salmon with cream cheese, capers, and red onion.
3. Roast beef with horseradish sauce and arugula.
4. Egg salad with chopped chives and lettuce.
5. Chicken salad with grapes and almonds.
6. Brie cheese with sliced apples and honey.
7. Tuna salad with diced celery and pickles.
8. Avocado with sliced tomato and sprouts.
9. Ham and Swiss cheese with Dijon mustard.
10. Roasted vegetables with hummus.

Remember to layer these ingredients between slices of bread or try using different types of bread such as whole wheat, sourdough, or baguette to add variety to your sandwiches. Enjoy experimenting and creating your perfect afternoon tea sandwiches!

