

Recipe suggestions for a High Tea

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Rare roast beef sandwiches

Ingredients

- 3 teaspoons horseradish (see note)
- 1 1/2 tablespoons sour cream
- 1/4 teaspoon dijon mustard
- 1 teaspoon finely chopped fresh chives
- 6 slices light rye bread
- 80g shaved rare roast beef
- 45g snow pea sprouts, trimmed

Method

Step 1

Place horseradish, sour cream, mustard and chives in a small bowl. Season with salt and pepper. Stir to combine.

Step 2

Lightly spread 1 side of each bread slice with horseradish mixture. Top 3 slices with roast beef and snow pea sprouts. Sandwich with remaining slices. Using a serrated knife, remove crusts. Cut each sandwich into 4 triangles. Serve.

Mini raspberry melting moments

Ingredients

- 125g unsalted butter, softened
- 1/3 cup pure icing sugar, sifted
- 1/2 teaspoon vanilla essence
- 1 cup plain flour
- 2 tablespoons custard powder
- pure icing sugar, to serve

Raspberry Filling

- 60g unsalted butter, softened
- 1/4 teaspoon vanilla essence
- 3/4 cup pure icing sugar, sifted
- 6 small frozen raspberries, thawed

Method

Step 1

Preheat oven to 160°C/140°C fan-forced. Line 2 baking trays with baking paper. Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Sift flour and custard powder over butter mixture. Stir with a wooden spoon until just combined and a soft dough forms.

Step 2

Using 1 heaped teaspoon of dough per ball, make 30 balls. Place on prepared trays, leaving room for spreading. Using a fork dipped in flour, lightly flatten each biscuit until 1cm thick. Bake for 15 to 20 minutes or until light golden. Cool on tray for 10 minutes. Transfer to a wire rack to cool completely.

Step 3

Meanwhile, make raspberry filling: Using a whisk, beat butter in a bowl until light and creamy. Add vanilla. Whisk to combine. Add icing sugar. Whisk until well combined. Stir in raspberries.

Step 4

Spread the flat side of 1 biscuit with 1 teaspoon filling. Sandwich with 1 biscuit. Repeat with remaining biscuits and filling. Serve dusted with icing sugar.

Smoked salmon and cucumber finger sandwiches

Ingredients

- 1 1/2 tablespoons creme fraiche
- 1 teaspoon finely chopped fresh dill sprigs
- 2 teaspoons lemon juice
- 6 slices white bread
- 100g sliced smoked salmon
- 1 small Lebanese cucumber, cut into ribbons

Method

Step 1

Place creme fraiche, dill and lemon juice in a bowl. Season with pepper. Stir to combine

Step 2

Lightly spread 1 side of each bread slice with creme fraiche mixture. Top 3 slices with salmon and cucumber. Sandwich with remaining slices. Using a serrated knife, remove crusts. Cut each sandwich into 3 fingers. Serve.

Lemon curd tartlets

Ingredients

- 1 1/2 sheets frozen ready-rolled shortcrust pastry, partially thawed

Lemon Curd

- 1 egg
- 1 egg yolk
- 1/3 cup caster sugar
- 1 teaspoon finely grated lemon rind
- 2 tablespoons lemon juice
- 50g butter, chopped
- finely grated lemon rind, to serve

Method

Step 1

Make lemon curd: Place egg, egg yolk, sugar, lemon rind and lemon juice in a heavy-based saucepan. Whisk to combine. Add butter. Place over medium heat. Cook, whisking, for 7 to 8 minutes or until mixture coats the back of a spoon. Remove from heat. Stand for 5 minutes. Pour into a small bowl. Cover surface with plastic wrap. Set aside to cool completely.

Step 2

Meanwhile, lightly grease a 12-hole, 1 1/2 tablespoon-capacity mini muffin pan. Using a 6.5cm cutter, cut 12 rounds from pastry. Press pastry rounds into prepared pan. Pierce bases with a fork. Freeze for 10 to 15 minutes or until firm.

Step 3

Preheat oven to 180°C/160°C fan-forced. Bake pastry cases for 15 to 16 minutes or until light golden. Cool in pan for 10 minutes. Transfer to a wire rack to cool completely.

Step 4

Spoon 2 1/2 teaspoons lemon curd in each pastry case. Top with lemon rind. Serve.

Lemonade scones

Ingredients

- 300g (2 cups) self-raising flour, sifted
- 55g (1/4 cup) caster sugar
- 125ml (1/2 cup) thick cream
- 125ml (1/2 cup) lemonade
- 40ml (2 tablespoons) milk
- Lemon curd, to serve
- Whipped cream, to serve

Method

Step 1

Preheat the oven to 220C. Lightly grease a baking tray.

Step 2

Place the flour, sugar and 1/2 teaspoon salt in a large bowl. Add the cream and lemonade and mix to form a soft dough. Turn out onto a lightly floured workbench and knead lightly until combined. Press the dough with your hands to a thickness of about 2cm. Use a 6cm round cutter to cut out 8 scones, place on baking tray and brush the tops with some milk. Re-roll scraps to make a few extra scones. Bake for 10-15 minutes until lightly browned. Serve warm with lemon curd and whipped cream.

Basic scones

Ingredients

- Plain flour, for dusting
- 3 cups self-raising flour
- 80g butter, chilled and cubed
- 1-1 1/4 cups milk
- Jam, to serve
- Whipped cream, to serve

Method

Step 1

Preheat oven to 200°C. Sift self-raising flour into a large bowl.

Step 2

Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.

Step 3

Make a well in the centre. Add 1 cup of milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).

Step 4

Lightly dust a flat baking tray with plain flour.

Step 5

Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds. Press dough together and cut out remaining 4 rounds. Place scones onto prepared baking tray, 1cm apart. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream.

Buttermilk scones

Ingredients

- 3 1/2 cups self-raising flour
- 2 tablespoons caster sugar
- 60g butter, chopped
- 1 1/2 cups buttermilk
- jam and whipped cream, to serve

Method

Step 1

Preheat oven to 220°C/200°C fan-forced. Grease and flour an 8cm-deep, 19cm (base) square cake pan.

Step 2

Place flour, sugar and a pinch of salt in a large bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

Step 3

Make a well in the centre. Add buttermilk. Using a flat-bladed knife, stir until dough almost comes together. Place on a lightly floured surface.

Step 4

Knead gently until dough comes together. Press out to a 3cm-thick round. Dip a 5cm round cutter into flour to prevent dough sticking. Cut out scones. Gently press leftover dough pieces together and repeat to make a total 16 scones.

Step 5

Place scones, touching, in prepared pan. Bake for 15 to 17 minutes or until light golden and hollow when tapped on top. Serve with jam and cream.