



## Sample High Tea Menu

*Courtesy of taste.com.au*

### Sparkling fruit cocktail

#### Ingredients

- 8 sugar cubes
- 16 frozen raspberries
- 24 thin orange rind strips
- 2 x 750ml bottles sparkling white wine, chilled

#### Method

Place 1 sugar cube, 2 raspberries and 3 orange strips in each of 8 champagne flutes. Top with sparkling wine. Serve.

### 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

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



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.

## 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

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

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 quiches two ways

### Ingredients

- 2 cups plain flour
- 150g butter, chilled, chopped
- 1 egg yolk
- 1/4 cup water, chilled
- 3 eggs
- 1/3 cup pure cream
- Pancetta and leek filling



- 2 teaspoons olive oil
- 2 slices pancetta, finely chopped
- 1/2 small leek, trimmed, thinly sliced
- 1 1/2 tablespoons grated parmesan cheese
- Tomato and marinated feta filling
- 2 tablespoons Lemnos Full Cream Fetta, crumbled
- 8 (25g) Green Valley pitted kalamata olives, finely chopped
- 1 tablespoon finely chopped fresh flat-leaf parsley leaves
- 3 grape tomatoes, quartered

## Method

1. Place flour and butter in a food processor. Process until mixture resembles fine breadcrumbs. Add egg yolk and chilled water. Process until dough just comes together. Turn on to a lightly floured surface. Knead until smooth. Using a lightly floured rolling pin, flatten dough into a 15cm round. Wrap in plastic wrap. Refrigerate for 30 minutes.
2. Preheat oven to 180°C/160°C fan-forced. Lightly grease two 12-hole, 1 1/2 tablespoon-capacity round-based patty pans. Roll out pastry between 2 sheets of baking paper until 3mm thick. Using a 7.5cm pastry cutter, cut 24 rounds from pastry. Press pastry rounds into prepared pans. Pierce bases with a fork. Freeze for 20 minutes or until firm.
3. Using a fork, lightly beat 1 egg in a bowl. Brush egg over pastry rounds. Bake for 10 to 12 minutes or until light golden.
4. Meanwhile, make pancetta and leek filling: Meanwhile, heat oil in a frying pan over medium-high heat. Add pancetta and leek. Cook, stirring occasionally, for 3 to 4 minutes or until leek has softened. Season with pepper.
5. Meanwhile, make tomato and marinated feta filling: Combine feta, olives and parsley in a bowl.
6. Place cream and remaining eggs in a jug. Lightly beat to combine. Spoon pancetta mixture into 12 pastry cases. Spoon feta mixture into remaining pastry cases. Pour 2 teaspoons of egg mixture over fillings. Sprinkle pancetta and leek quiches with parmesan. Top feta quiches with tomato quarters. Bake for 20 to 25 minutes or until golden and filling has set. Serve.



## Little chocolate mousses

### Ingredients

150g dark chocolate, chopped

3/4 cup thickened cream

2 eggs, separated

2 tablespoons caster sugar

coloured cachous, to serve

### Method

1. Place chocolate in a heatproof, microwave-safe bowl. Microwave, uncovered, on medium (50%) for 1 to 2 minutes, stirring every 30 seconds with a metal spoon until melted and smooth. Set aside for 5 minutes to cool.
2. Meanwhile, using an electric mixer, beat cream in a small bowl until soft peaks form. Wash and dry beaters. Beat eggwhites in a separate small bowl until soft peaks form. Sprinkle sugar over eggwhites. Beat for 1 to 2 minutes or until mixture is thick and glossy and sugar has dissolved.
3. Add egg yolks to chocolate. Using a metal spoon, stir to combine (see note). Stir one-third of eggwhite mixture into chocolate mixture until well combined. Fold in remaining eggwhite mixture. Fold in cream.
4. Spoon mixture into a large snap-lock bag. Snip a 1cm triangle from 1 corner of the bag. Pipe mixture into eight 70ml-capacity shot glasses. Cover with plastic wrap. Refrigerate for 3 to 4 hours or until firm. Decorate with cachous. Serve.

## Baby scones with jam and cream

2 1/2 cups self-raising flour

1 tablespoon caster sugar

80g butter, chilled, chopped

1 cup milk



strawberry jam and double thick cream, to serve

1.

Preheat oven to 220°C/200°C fan-forced. Lightly grease a 7.5cm-deep, 22cm round cake pan. Combine flour and sugar in a bowl. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

## 2. Step 2

Make a well in the centre of flour mixture. Add milk. Stir with a flat-bladed knife until mixture just comes together (don't over-mix). Turn dough on to a lightly floured surface. Knead gently to bring dough together.

## 3. Step 3

Gently press dough into a 2cm-thick round. Dip a 4.5cm round cutter into flour. Cut out scones. Gently press leftover dough pieces together and repeat to make a total of 20 scones. Place scones, touching, in prepared pan. Sprinkle with a little extra flour. Bake for 10 to 12 minutes or until golden. Remove from oven. Cool in pan for 5 minutes. Wrap in a clean tea towel to keep warm. Serve with jam and cream.

## Lemon curd tartlets

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

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.

## 2. 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.

### 3. 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.

### 4. Step 4

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

## Mini raspberry melting moments

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

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.

### 2. 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.



### 3. Step 3

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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.

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### 4. Step 4

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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.

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