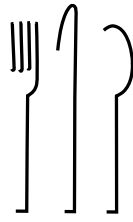


● my perfect

# high tea



intro  
the perfect  
high tea.



my capsule kitchen

[mycapsulekitchen.com](http://mycapsulekitchen.com)

A high tea is a beautiful way to celebrate a special occasion! Here are a few things to keep in mind that will be helpful in creating your very own perfect high tea experience.

Make sure you **enjoy the planning** and preparing as much as the actual event. It can be such a joyful experience to put together a list of homemade goodies for your loved ones and prepare them with love.

It is a good idea to **use a variety** of colours, textures and flavours to keep it both interesting and balanced. Depending on your experience in the kitchen (and how many guests you are catering for), I would recommend at least a few simple recipes. That way you can really concentrate on those that will need more prep time.

Don't be afraid to **mix and match** your own creations with some store bought items. A few macarons or even a brownie or slice that is cut up into bite sized pieces. It will keep stress levels at bay and your guests won't mind.

**Prepare ahead** what you can! The sandwich fillings in this booklet can all be made the day ahead and stored in the fridge. That way you only need to focus on making the sandwiches and decorating them on the day of the event. The lemon treats and plain frangipane tarts can be made ahead and frozen, just pull them out of the freezer in the morning and they will be ready and fresh by the time your guests arrive.

Scones should be made fresh on the day. You might want to **make a test batch** in the lead up to see how long it takes you. Then you can have them warm and fresh out of the oven on the day!

Enjoy creating your very own perfect high tea!



# scones

I recommend making at least one batch of traditional scones. Then play with flavours to your hearts content!

For a vegan version you can use almond milk and dairy free spread like Nuttelex.

For fruit scones add 1/4 cup of chopped raisins, dates, dried apricots, sour cherries or other dried fruit of your choice.

Possible flavourings and combinations could be Cranberry and Orange - Add 1/4 cup dried cranberries and some orange zest.

White Chocolate and Lemon Glaze - Add 1/4 cup white chocolate chips and after baking drizzle with icing made out of sifted icing sugar and lemon juice.



Blueberry and Lemon Glaze - Quickly knead in 1/4 cup of frozen blueberries and after baking drizzle with icing made out of sifted icing sugar and lemon juice.

Apple Cinnamon - Add 1/4 cup chopped dried apple and a pinch or two of cinnamon.

Prep Preheat oven to 200C

## Method

## Ingredients

1	In a bowl combine	1 1/2 cups selfraising flour (220g) 40g butter
2	Rub butter into flour with your fingers until it is well distributed and resembles breadcrumbs.	
3	Add	1/2 cup milk
4	Mix everything together lightly and then knead briefly for the dough to come together. It's important to knead it as little as possible so the scones will be fluffy rather than dense.	
5	Form a ball, turn out onto a work surface, flatten the dough and cut out rounds (I use a 5cm scone cutter).	
6	Place on a lined baking tray and bake for 20 mins.	
7	Leave to cool slightly before serving with	whipped cream jam

Notes This amount of dough will make 6. You can easily double or tripple it, depending on the amount of guests you have!

There is nothing wrong with store bought jam (my personal preference is Bonne Maman), but if you'd like to make something special, why not make fresh fruit compote or instant chia jam.

For instant Strawberry Chia Jam blend together 1 cup strawberries, 1 1/2 tbs rice malt syrup and 1 heaped tbs ground chia seeds. Let it rest for a moment to thicken.

Try stirring a spoonful of raspberry jam into a batch of whipped cream and serve as Berry Cream! Deliciously creamy and fruity tart at the same time.

Clotted Cream is tradition!

I love whipped pouring cream and prefer it over any cream that contains a thickening agent.

For a vegan option you can make Cashew Cream! Blend one cup of cashews (best soaked overnight, then drained) and 1/3 vanilla pod (or vanilla extract) in a blender until smooth. Add some water or freshly squeezed orange juice a bit at a time until you reach the desired consistency.

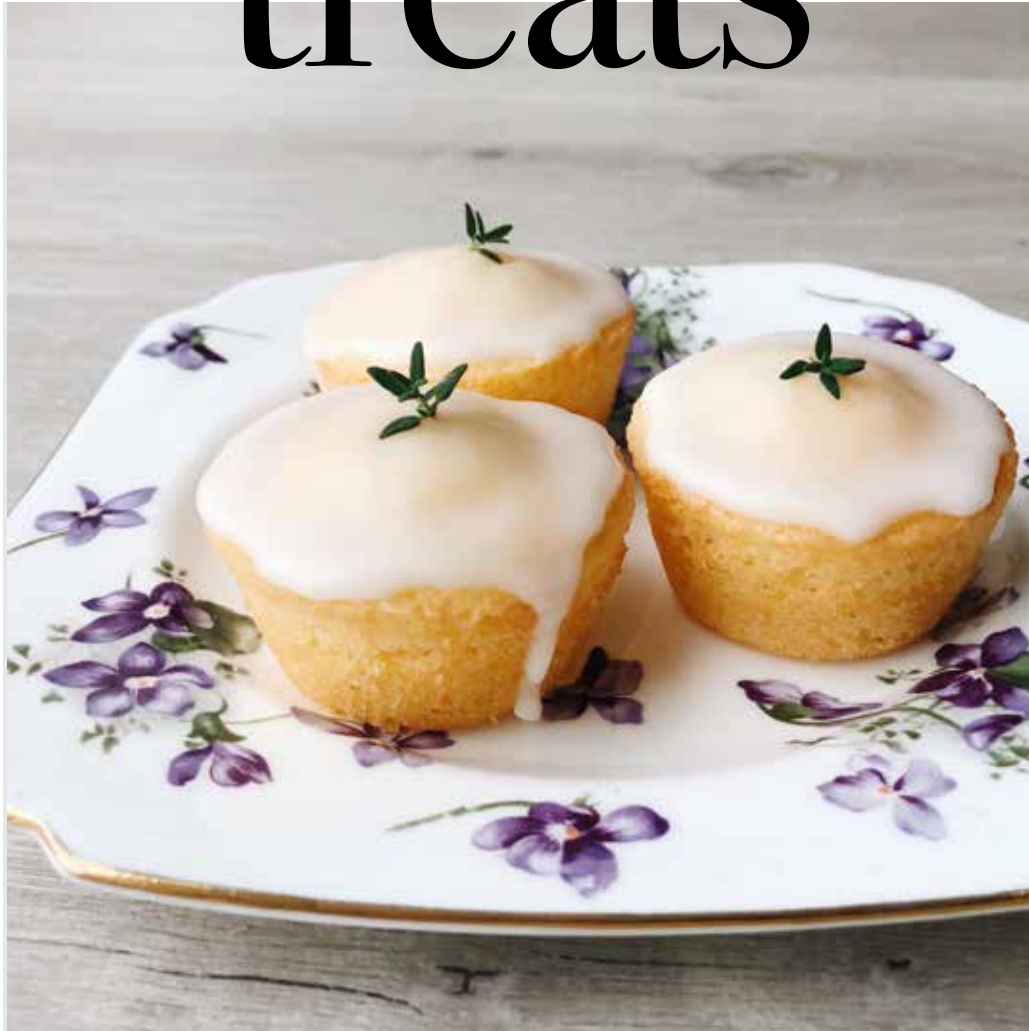
# jam & cream



	Method	Ingredients
1	For the compote combine in a saucepan	5 stalks rhubarb, peeled and chopped 3 tbs caster sugar 1/2 cup water (1/4 cup at a time)
2	Simmer on low heat for about 20 minutes until the rhubarb falls apart and the compote thickens. You can adjust the amount of water as needed	
3	while it's cooking and depending on how thick you would like the compote to be.	

Notes You can sweeten the compote more depending on your taste, even after it has been cooked.  
You can add freshly squeezed orange juice instead of water. Blood orange juice will give an amazing colour.

# lemon treats



Prep Preheat oven to 175C  
Butter a 24 hole nonstick mini muffin tin.

	Method	Ingredients
1	Beat until creamy	100g butter
2	Add in spoonfuls at a time	100g caster sugar
3	Add in spoonfuls at a time	1/2 lemon, zest only
4	Add in one at a time (best to alternate with flour for even mixing)	125g selfraising flour
5	Fill teaspoon fulls of batter into your muffin tin and smooth the surface.	2 eggs (or replacer)
6	Bake for 10-12 mins, they are best on the lighter side.	
7	Make icing with the juice of the lemon you zested and	pure icing sugar, sifted
8	Top with	lemon thyme lemon balm or other little leaves and edible flowers



# frangipane



# tarts





You can either make plain tarts and top them with fresh fruit after baking, or you can place a piece of fruit in the frangipane and bake it. It depends if you are after a more rustic look or like things more refined. Both ways are delish and pretty in their own way.

Prep Preheat oven to 180C

	Method	Ingredients
1	Grease a 24 hole mini muffin tin.	
2	Cut out rounds of	2 sheets shortcrust pastry, store bought
3	Press the rounds into the muffin holes to form cases.	
4	Prick the bottoms with a fork and blind bake for 10 mins.	
5	In a mixer, whizz to combine until pale and creamy	150g butter 1/2 cup caster sugar
6	Add and mix to combine	1/2 tsp vanilla extract 1 lemon, rind grated only (no juice) 1/4 cup almond meal
	Add (one at a time) and mix to combine	2 eggs (large)
	Stir in	1 cup almond meal
	Fill the blind baked cases with a tsp of frangipane each.	
	Smooth the surface and bake for 15 mins.	
7	Once cooled, top with	seasonal fruit of your choice icing sugar

You will have frangipane leftover. It keeps in an airtight container for up to a week.  
 I used a 5 cm round cookie cutter to cut the pastry and got 16 out of each sheet. You can make them larger or cut the sheet into squares for a different look.  
 You can place a frozen raspberry in each case before topping it with frangipane.  
 Tart fruit work best here as the frangipane is quite sweet.

# finger sandwiches



## Chicken & Parsley Finger Sandwiches

Method		Ingredients	
1	In a bowl, combine	2 tbs 1 tbs squeeze	mayonnaise or vegenaise parsley, chopped lemon juice salt and pepper to taste
2	Add	100g	poached chicken, shredded
3	Lay out		slices of rye bread
4	Spread them with		butter
5	Spread the chicken mix onto half of the slices and top with the other half.		
6	Cut the crust off.		
7	Cut into finger sandwiches.		

How many you will get out of this depends on your preference of heavy or light filling and how small you cut them. The measurements are a guide only. You can adjust it to your preference and easily make more. Leftovers can be used as regular sandwich spread!

**Notes** Taste the mayonnaise mix before you add salt, most ready-made mayonnaise will be seasoned enough as is.

I recommend rye bread for this. Either sourdough (more filling) or a pre-sliced toast variety from the supermarket (which will be softer).

## Cheese & Pear Finger Sandwiches

Method		Ingredients	
1	Lay out		slices of white bread
2	Spread with		butter
3	Top with		slices of tasty cheese
4	Top with		slices of pear
5	Sprinkle with		curry powder (optional)
6	Sandwich buttered bread slices on top.		
7	Cut off the crust, then cut into finger sandwiches.		

**Notes** Sweet, ripe pear works really well with cheese. If the pear is not as ripe, it will still deliver crunch, which is also nice.

The curry powder is optional, but I highly recommend it for an extra taste sensation!

You can also try these combinations:

Egg, chives and spring onions (use mayonnaise and lemon juice to bind)

Salmon and cream cheese

Taleggio and Pear

Avocado

Curried egg (egg, mayonnaise, curry powder)

Bresaola, brie and rocket

Manchego and Quince Paste

Turkey, Cranberry and Brie

Goats cheese and Radishes

Roastbeef, Horseradish and Watercress

Shrimp Salad

1 cup cooked shrimp, chopped

3 tbs mayonnaise or vegenaise

Lemon zest and juice



# vegan



## Beetroot Hummus Finger Sandwiches

**Prep** Preheat oven to 200C

	Method		Ingredients
1	Cut into half or quarters (depending on size)	1	beetroot (small to medium)
2	Wrap in aluminium foil and place on a baking tray.		
3	Bake for about 20 mins or until cooked through (check by piercing with a fork).		
1	Cut the beetroot into smaller pieces and whizz to combine in a food processor, together with	1 can	chickpeas
		2 tbs	tahini
		pinch	salt
		1	lemon, juiced
		1/2 tsp	cumin
		1 clove	garlic
2	Spread slices of sandwich bread with		butter or vegan margarine
3	Spread beetroot hummus on half of the slices.		
4	Top with		cucumbers, cut into thin slices
5	Top with the rest of the buttered bread.		
	Cut off the crust and cut into finger sandwiches.		

**Notes** You can peel the cucumber if you like. I find the dark green is a great contrast to the bright pink hummus. Instead of cutting finger sandwiches with a knife which can be fiddly, you can use a cookie cutter to form shapes. In that case place the sliced cucumbers in the middle of each shape so the cutter needs only to go through the bread and hummus.



## Artichoke & Bean Finger Sandwiches

Method	Ingredients
1 In a food processor, whizz to combine	1 can cannellini beans, drained, rinsed 280g jar artichoke hearts, drained 3 tbs nutritional yeast 1 tbs flat leaf parsley, roughly chopped 3 tbs mild olive oil squeeze of lemon juice salt and pepper
2 Spread slices of sandwich bread with	butter or vegan margarine
3 Spread artichoke and bean mix on half of the slices.	
4 Top with	radishes, cut into thin slices
5 Top with the rest of the buttered bread.	
Cut off the crust and cut into finger sandwiches.	

**Notes** You can replace the nutritional yeast with grated parmesan if you don't need to keep it vegan/dairyfree. Instead of cutting finger sandwiches with a knife which can be fiddly, you can use a cookie cutter to form shapes. In that case place the sliced radishes in the middle of each shape so the cutter needs only to go through the bread and artichoke bean mix.



# spreads

With softer fillings it can be a good idea to cut out shapes with a cookie cutter, rather than to slice them. It makes for pretty bite sized pieces that you can decorate with toppings.

Prep Preheat oven to 180C  
Grease a 24 hole muffin tin

Method		Ingredients	
1	In a bowl, whisk together	2	eggs
		1/4 cup	cream
2	Stir in	2	spring onions, sliced
		1 can	corn kernels
			salt and pepper
3	Divide the mixture into the muffin holes.		
4	Bake for 15 mins.		
5	Cool for 5 mins.		
6	Top with		crème fraîche or sour cream (about 125g)
			salmon roe (about 25g)
			dill sprigs

# corn



# frittata



# piklets



## Method

## Ingredients

1	In a small bowl, stir together	100ml	crème fraîche
		1 tsp	horseradish cream from a jar
		squeeze	lemon juice
			salt and pepper
2	On a plate, arrange	12	piklets, storebought
3	Place a dollop of the crème onto each piklet.		
4	Top with	100g	smoked salmon, cut into strips
5	Top with		watercress, mustard cress, or micro herbs

Makes 12

Notes If you need to make this dairyfree, you can use vegenaïse instead of crème fraîche and choose horseradish cream made with oil, rather than dairy, you should be able to find this in the supermarket.  
You can prepare the crème the day before and keep it in the fridge until you are ready to serve.

# mini crab



# buns

	Method	Ingredients
1	In a small bowl, stir to combine	170g can crabmeat, squeezed/well drained 1/4 cup mayonnaise or vegenaïse sprinkling lemon zest 1 tbs chives, chopped salt and pepper
2	Lay out	6 slices white bread
3	Spread with	butter
4	Spread the crabmeat mix on the diagonal onto 3 slices of the bread and top with the remaining 3.	
5	Use a round cookie cutter to cut out 2 rounds per sandwich.	
6	Top with	watercress, mustard cress or micro herbs

Makes 6 (depending on the size of your cookie cutter)

If you can get fresh (cooked) crabmeat instead of canned, that will take these to the next level.

Notes Use a lighter type mayonnaise or you can lighten the crabmeat mix with 1 tbs of crème fraîche if you like. I use vegenaïse and find that it's perfect just on its own.

Don't skip the butter, it is great for taste and will keep the bread from getting soggy. If you need to stay dairyfree, use Nuttelex or a margerine of your choice.

If you have a small cookie cutter and can get 4 rounds out of each sandwich, then spread the filling throughout the whole sandwich. I spread onto the diagonal only so I'm not wasting any of the filling.

# my perfect high tea

## planner

Occasion: \_\_\_\_\_

No of guests: \_\_\_\_\_

Bite sized - sweet

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Bite sized - savoury

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Cake

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Drinks

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Dietary requirements to keep in mind:

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Tips:

Use different colours, textures and flavours.

Complement with store bought items to reduce stress. Think macarons or brownies cut into bite sized pieces.

Use pretty toppings on everything. It will elevate even simple baked goods.

Include easy recipes and focus on only a few elaborate ones to make the preparation more enjoyable.



