

St. Thomas More
High Tea
Recipe Book

The tradition of the High Tea of St. Thomas More Catholic Church was begun by the Church's Social Concerns Committee in 2003.

St. Thomas More volunteers make an assortment of savorys, scones, breads and sweets and serve them in the elegant setting of tables with china, linens and centerpieces, complimented with light entertainment and enthusiastic conversation. Sister Marlene Minnaert is the head tea master, and brews pots of the tea, which is purchased from DeHoek in Sioux Falls, SD. The High Tea recipe book was designed by Maggie Yseth; edited by Gwen Yseth.

Proceeds from the High Tea are used for a cause determined by the Social Concerns Committee. Past contributions have been made to Habitat for Humanity. The Brookings Boys and Girls Club will be the recipient of the 2008 High Tea proceeds and recipe book sales.

Archives

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Savories

Braunschweiger Pinwheels

(Vi Dorn)

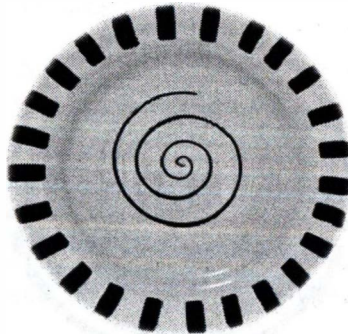
- 8 ounces cream cheese, softened
- 1 cup sour cream
- 1 package onion soup mix
- 16 ounces Braunschweiger
- 1 tsp Worcestershire sauce
- 10 slices whole wheat sandwich bread

Mix together the first 5 ingredients. Set aside.

Using a rolling pin, flatten the bread slices and trim off the crusts. Spread Braunschweiger mix onto the bread slices. Roll each slice of bread, pressing together firmly to hold. Wrap each roll in plastic wrap and refrigerate 1 to 2 hours.*

When ready to serve, unwrap each roll and slice into 4 pinwheels. Place each pinwheel onto a serving tray and garnish plate with parsley.

*Will hold until the next day. Leave wrapped; slice when ready to serve.



Cucumber Tea Sandwiches

(Taste of Home June/July 2007)

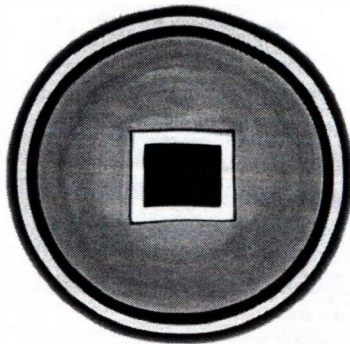
- 1 8-ounce package cream cheese, softened
- 1/4 cup mayonnaise
- 1 tbsp snipped fresh dill
- 1 tbsp lemon juice
- 1/2 tsp Worcestershire sauce
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- 2 large cucumbers, seeded and chopped
- 1/2 cup chopped sweet red pepper
- 1/4 cup chopped onion
- 1/4 cup pimiento-stuffed olives, chopped
- 1/4 cup minced fresh parsley
- 12 slices whole wheat bread
- Cucumber slices and fresh dill sprigs, optional

In a small mixing bowl, combine the first seven ingredients; beat until blended. Stir in the cucumbers, red pepper, onion, olives and parsley.

Cover and refrigerate for up to 2 hours.

Remove crusts from bread; cut each slice into four triangles. Spread with cream cheese mixture. Garnish with cucumber slices and dill sprigs if desired.

Makes 4 dozen



Cucumber and Dill Sour Cream on English Muffins

1/4 cup dairy sour cream
1 tsp snipped fresh dill or 1/4 tsp dried dill weed
2 English Muffins, split and toasted
Thin slices English (seedless) cucumber
Salt
Fresh dill springs (optional)

In a large bowl, stir together sour cream and 1 tsp dill. If desired, cut 2 1/2 -inch rounds from the English muffin halves. Spread the sour cream mixture on the cut side of the toasted English muffin halves. Place cucumber slices on 2 of the English muffin halves. Sprinkle cucumbers lightly with salt. Top with remaining muffin halves, spread side down. Slice in half to serve. (Or, for open-faced sandwiches, arrange cucumber slices over each English muffin half. If you like, garnish with additional fresh dill sprigs.)

Makes 4 sandwiches

Cream Cheese and Date Tea Sandwiches

3 ounces dried pitted dates, chopped
6 ounces cream cheese, softened
8 slices of cinnamon and raisin sandwich bread
4 tbsp unsalted butter, softened
Fresh sprigs of mint

1. Chop the dates fine. In a small bowl, combine the dates and cream cheese. Mix well until combined.

2. Spread bread slices with the butter. Spread half of the bread slices with the cream cheese mixture. Press the other slices of bread on top to form 4 sandwiches.

3. Trim off the crusts. Cut each sandwich into 3 fingers (make 2 parallel cuts to form 3 fingers). Place sandwiches onto a serving platter. Garnish each sandwich with a small sprig of mint. The tea sandwiches may be made up to 2 hours ahead, if they are covered tightly and refrigerated.

Easy Ham and Cheese "Empanada"

Mix:

3 cups flour

1/2 tbsp salt

2 tsp baking powder

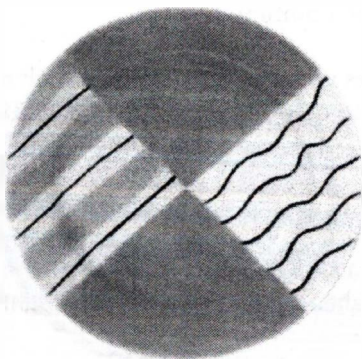
Heat:

3/4 cup milk and 2/3 cup canola or corn oil

Add hot milk and oil to the dry ingredients until you have a soft, smooth dough.

Divide the dough in two balls. Roll one ball in a rectangle 1/4 inch thick and place it on a cookie sheet or baking pan, making sure there is enough dough to cover the borders of the pan. Then add a layer of your favorite grated cheese, followed by a layer of sliced ham (or other cold cut you like), and cover with another layer of grated cheese. Roll the other ball into a rectangle 1/4 inch thick, put it on top of the cheese and ham filling and seal the edges of both layers together all around. Fold the borders all around the empanada.

Heat oven to 385° F and bake until golden brown. Make sure you pierce the upper surface of the "empanada" multiple times with a fork. You can brush the upper surface with beaten egg and grated parmesan cheese to add color.

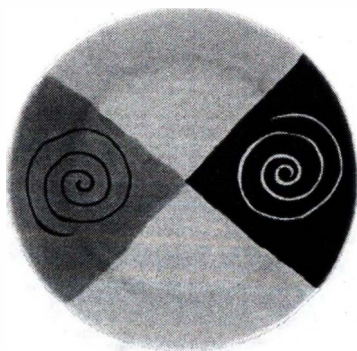


Olive Pinwheels

4 tbsp unsalted butter, softened
1 tsp chopped fresh rosemary or thyme
1 small shallot, chopped finely
1/2 cup pimento stuffed green olives, finely chopped
1 tsp fresh lemon juice
Salt and freshly ground pepper
6 ounces cream cheese
8 slices whole wheat sandwich bread
Sprigs of watercress

1. In a small bowl, combine the butter with the shallots and herbs. Mix well. Spread the bread slices with the herb butter.
2. Combine the chopped olives with the lemon juice, salt and pepper. Mix well.
3. Using a rolling pin, flatten the bread slices. Spread the cream cheese onto the bread slices. Trim off crusts.
4. Sprinkle the olives evenly among the bread slices. Roll each slice of bread, pressing together firmly to hold. Wrap each roll in plastic wrap and refrigerate for 1-2 hours.*
5. When ready to serve, unwrap each roll and slice into 4 pinwheels. Place pinwheels onto a serving platter and decorate with sprigs of watercress.

*Will hold until the next day. Leave wrapped; slice when ready to serve.



Rosemary Chicken Salad Tea Sandwiches

3 cups cooked boneless chicken, cut into small cubes

1/2 cup mayonnaise

1/3 cup chopped green onion

1 tsp minced fresh rosemary

1/2 cup chopped smoked almonds

Salt and freshly ground black pepper

8 slices of whole wheat sandwich bread

4 tbsp unsalted butter, softened

1 tsp whole-grain Dijon style mustard

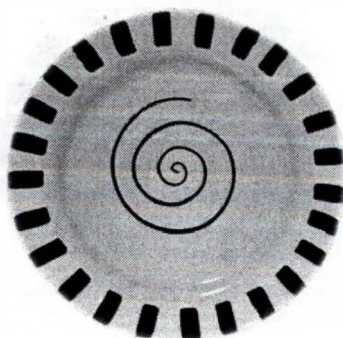
Fresh parsley sprigs for garnish

1. In a bowl, mix together the cooked, diced chicken, mayonnaise, green onion and rosemary. Add the chopped nuts. Season to taste with salt and pepper.

2. In a separate bowl, combine the butter with the mustard. Mix well. Spread the bread slices with the mustard butter.

3. Cover half of the bread slices with the chicken salad. Press the other slices of bread on top.

4. Trim off the crusts. Cut each sandwich into 4 triangles. Place sandwiches onto a serving platter. Decorate each of the triangles with the fresh parsley.



Shrimp Toast Cups

(Taste of Home)

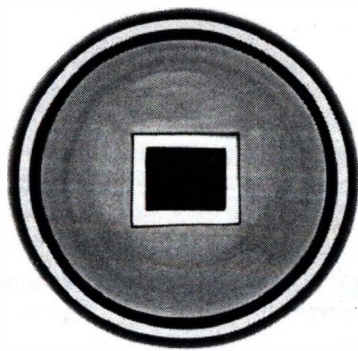
24 slices white bread, crusts removed
1 cup butter, melted
2 8-ounce packages of cream cheese, softened
1/2 cup mayonnaise
3 tbsp sour cream
3 tbsp horseradish
3 6-ounce cans small shrimp, rinsed and drained
16 green onions, sliced
Fresh dill sprigs, optional

Flatten bread with a rolling pin; cut each slice into 4 pieces. Place butter in a shallow dish; dip both sides of bread in butter; press into miniature muffin cups. Bake at 325° F for 14 minutes or until golden brown.

Remove from pans to wire racks to cool.

In a large mixing bowl, beat the cream cheese, mayonnaise, sour cream and horseradish until blended. Just before serving, stir in shrimp and onions; spoon into cups. Garnish with dill if desired. Refrigerate leftovers.

Makes 8 dozen



Cheddar Dill Scones

Cheddar and dill create the irresistible aroma of this savory quick bread.

2½ cups all-purpose flour
¼ cup chopped fresh parsley
4 ounces (1 cup) cheddar cheese, shredded
1 tbsp baking powder
2 tsp dried dill weed
½ tsp salt
¾ cup cold butter
½ cup half & half
2 eggs, slightly beaten

Heat oven to 400° F. Combine all ingredients except butter, half & half and eggs in medium bowl; cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Stir in half & half with eggs just until moistened.

Turn dough onto lightly floured surface; knead until smooth (1 minute). Divide dough in half; roll each half into 8-inch circle. Cut each circle into 8 or 10 wedges.

Place wedges 1-inch apart on greased baking sheet. Bake for 15 to 20 minutes or until lightly browned.

Makes 16 scones

Clotted Cream

Spread for Scones

(Vi Dorn)

1 3-ounce package cream cheese
1 tablespoon powdered sugar
½ teaspoon vanilla
¼ cup cream

Beat cream cheese, sugar and vanilla until fluffy. Gradually beat in enough cream until mixture is spreading consistency. Cover and chill at least 2 hours. Serve with scones.

Almond Scones

2¼ cups all-purpose flour
¼ cup sugar (½ cup if you like it sweeter)
1 tsp almond extract
2 tsp baking powder
¼ tsp salt
⅓ cup firm butter or margarine
1 package (3 oz) cream cheese, softened
1 egg
⅓ cup milk or half & half
⅓ cup chopped almonds
Sugar

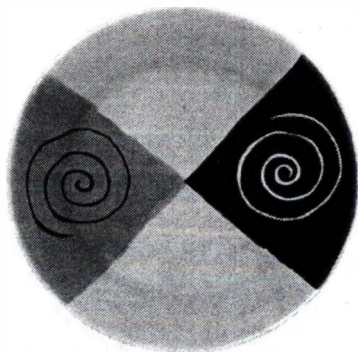
Heat oven to 400° F. In large bowl, mix flour, ¼ cup sugar, baking powder and salt. Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs.

In small bowl, mix cream cheese, almond extract and egg until smooth. Gradually stir in milk. Stir cream cheese mixture into flour mixture until dough leaves side of bowl and forms a ball.

Divide dough in half; roll each half into 8-inch circle. Cut each circle into 8 or 10 wedges. Sprinkle with sugar & chopped almonds. Place wedges 1-inch apart on greased baking sheet.

Bake 14 to 17 minutes or until light brown. Immediately remove from pan to cooling rack. Serve warm.

Makes 8 scones



Lemon-Blueberry Scones

2¼ cups all-purpose flour

¼ cup sugar

1 tbsp grated lemon peel (or can use 1 tsp lemon extract)

2 tsp baking powder

¼ tsp salt

⅓ cup firm butter or margarine

1 package (3 oz) cream cheese, softened

1 egg

⅓ cup milk (or half & half)

¾ cup fresh blueberries (or ⅓ cup dried blueberries)

Lemon juice

Sugar

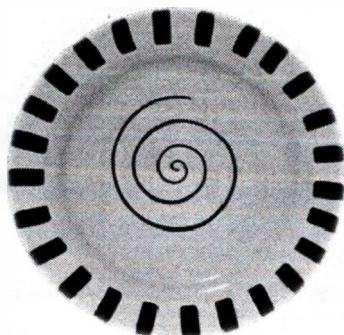
Heat oven to 400° F. In large bowl, mix flour, ¼ cup sugar, the lemon peel, baking powder and salt. Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs.

In small bowl, mix cream cheese and egg until smooth. Gradually stir in milk and blueberries. Stir cream cheese mixture into flour mixture until dough leaves side of bowl and forms a ball.

Divide dough in half; roll each half into 8-inch circle. Cut each circle into 8 or 10 wedges. Brush with lemon juice. Sprinkle with sugar. Place wedges 1-inch apart on greased baking sheet.

Bake 14 to 17 minutes or until light brown. Immediately remove from pan to cooling rack. Serve warm.

Makes 8 scones



Sweets

Apple Bread

1 cup sugar
1/2 cup margarine
1 tsp soda mixed with 2 tbsp buttermilk
1 egg
1 tsp vanilla
2 cups flour
2 cups apple, chopped
Dash cinnamon
Dash salt

Cream sugar and margarine. Blend in soda and buttermilk, egg, vanilla, flour and apple. Put batter in greased 9x5 loaf pan, sprinkle with topping and bake for 50-60 minutes, or 3 small pans for 40 minutes, at 350° F.

Topping:
1 tsp cinnamon
2 tbsp sugar

Cheese Cake Phyllo Cups

(Vi Dorn)

4 ounces cream cheese
1/2 cup sour cream
2 tbsp sugar
1 tsp vanilla
2 packages miniature phyllo shells (find in the grocery freezer section)
Fruit of choice: mandarin oranges, kiwi, strawberries

Mix cream cheese, sour cream, sugar and vanilla. Pipe mixture into shells. Top with fruit.

Makes 2 1/2 dozen

Apple Carrot Cinnamon Muffins

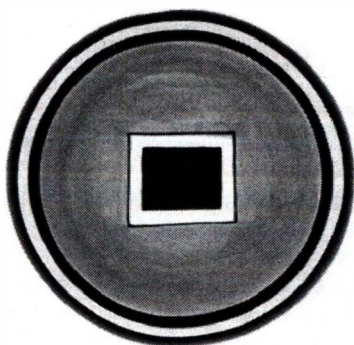
1/3 cup butter, softened
3/4 cup sugar
1 egg
3/4 cup buttermilk
1 1/2 apples, peeled, cored and chopped
1 carrot, grated
1 cup flour
1 cup whole wheat flour
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
3 tbsp sugar
1 tsp cinnamon

Preheat oven to 400° F. Grease muffin cups. Beat together the butter and 3/4 cup sugar until creamy. Add the egg, and beat well. Add the buttermilk all at once, and stir in chopped apple and grated carrots.

In separate bowl, stir together the flour, wheat flour, baking soda, 1 tsp of cinnamon and salt. Combine flour mix with butter mix and blend well. Let batter rest for 5 minutes. Spoon batter into greased muffin cups. To make topping, mix together the last 3 tbsp sugar with remaining 1 tsp cinnamon; sprinkle topping over muffins. Bake for about 20 minutes.

Smaller muffins can be made by using miniature muffin cups and adjusting baking time.

Makes 12 muffins



Apple Strudel

Filling:

4 green apples

5 tbsp sugar

Cinnamon

1 tbsp vanilla

1 tbsp lemon juice

2 tbsp butter

Mix together to obtain soft dough:

1 cup flour

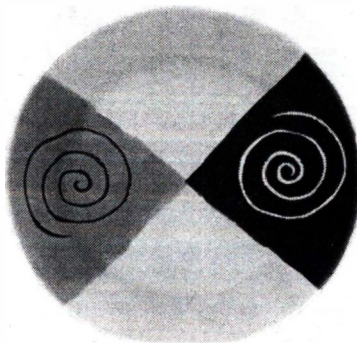
1 cup canola or corn oil

1 cup cold water

Roll the dough into a paper thin rectangle on a wax paper.

Slice the apples very thin, mix with the sugar, cinnamon and vanilla, and place in the middle of the rectangle. Add little pieces of butter and sprinkle with lemon juice. Chopped walnuts and/or raisins are optional. Fold one side of the dough on top of the apples. Spread some soft butter or margarine on the dough; fold over the other side of the dough. Fold both edges, sealing the rectangle. Use soft butter or margarine to stick the edges.

Lift the strudel carefully and put it on a greased cooking sheet. Dust the top of the strudel with cinnamon and sugar. Bake in a preheated oven at 375° F until golden brown. Cut into slices, after it has cooled.

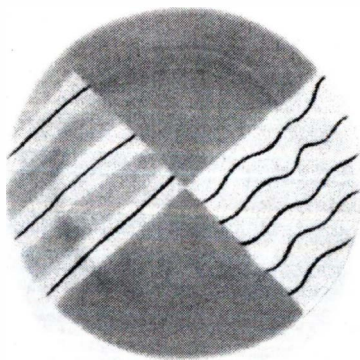


Cardamom Tea Cookies

1 cup butter
1 egg yolk
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ tsp ground cardamom
 $\frac{1}{4}$ tsp baking soda
 $\frac{1}{4}$ tsp salt
2 cups all-purpose flour
 $\frac{1}{3}$ cup sugar

1. Allow butter and egg yolk to stand at room temperature for 30 minutes.
2. In a large mixing bowl, beat the softened butter with an electric mixer on medium to high speed for 30 seconds. Add the $\frac{2}{3}$ cup sugar; beat about 5 minutes or until well combined and very fluffy, scraping sides of bowl occasionally. Add egg yolk, cardamom, baking soda and salt. Beat until combined. Beat in as much of the flour as you can; stir in any remaining flour with a wooden spoon. Cover and chill dough about 1 hour or until easy to handle.
3. Shape dough into 1-inch balls. Place 2 inches apart on ungreased cookie sheets. Bake in a 350° F oven about 10 minutes or until edges are just set and bottoms are very lightly browned. Let cookies cool on sheets for 1 minute. Transfer to wire racks to cool completely. Gently dip cookies in the $\frac{1}{3}$ cup sugar, turning to coat all sides.

Makes about 44 cookies



Irish Freckle Bread

- 1 cup hot strong tea
- 2 cup raisins
- 1 cup brown sugar, not packed
- 2 cups unsifted flour (stir to aerate before measuring)
- 3 tsp baking powder
- 1/4 tsp salt
- 1 large egg

Tea:

Rinse teapot with boiled water. Add 2 tsp loose tea and 2 cups hot water. Let the tea steep for about 5 minutes

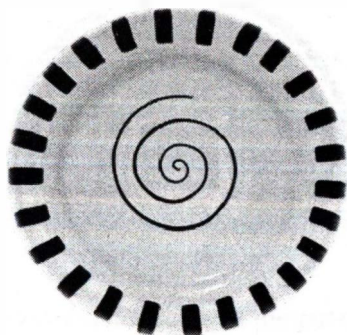
Bread:

Pour cup of hot tea over raisins; stir occasionally. Let stand until cool. Add unbeaten egg.

Thoroughly mix flour, baking powder, salt and sugar in another bowl. Add fruit mixture to flour mixture with spoon. Turn into buttered loaf pan and spread evenly.

Bake at 325° F about 1 to 1 1/2 hour.

(Note: This recipe can be divided between 3 mini loaf pans. Turn 2/3 cup into each buttered pan. Bake for 1 hour.)



Cherry Bars

(Sandy Sutton)

Crust:

- 1 cup butter
- 1/2 cup sugar
- 2 1/4 cups flour
- Pinch of salt

Mix together and pat in an oil-sprayed 9x13 pan. Bake at 350° F for 15 to 20 minutes. Be sure to watch so it doesn't over bake.

Filling:

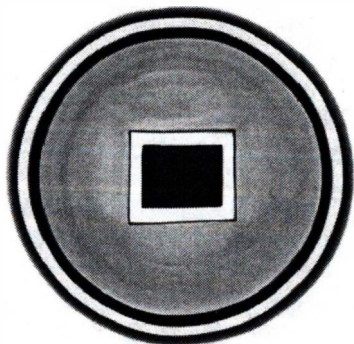
- 1 cup brown sugar
- 2 eggs
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla (or almond flavoring)
- 1 small jar maraschino cherries finely chopped; reserve juice
- 1/2 cup chopped walnuts
- 1/2 cup coconut

Mix together and pour over crust. Bake 15-20 minutes, watching closely.

Frosting:

- 2 tbsp melted butter
- 2 tbsp of reserved cherry juice
- Powdered sugar
- 1 or 2 drops almond flavoring

Blend together with a mixer. Add a little milk if necessary for spreading consistency. Spread over cooled bars.



Chocolate Vanilla Spiral Cookies

Mix:

- 1 cup of butter (softened)
- 1 1/2 cup sugar
- 2 eggs
- 1 tsp vanilla

Mix together and add to the butter mix:

- 4 cups flour
- 2 tbsp baking powder
- 1/2 tsp salt

Work the ingredients until obtaining a soft and smooth dough.

Divide dough in half and add 2 ounces semi-sweet melted chocolate to one of the halves, working the dough with a wooden spoon.

Roll the vanilla dough into a rectangle approximately 1/4 to 1/2 inch thick on a wax paper. Do the same with the chocolate half on another piece of wax paper. Put the chocolate dough on top of the vanilla dough, press both layers lightly with the rolling pin and roll them both together to form the spiral.

Put the roll of dough in the fridge for at least one hour. You can keep it in the fridge for 24 hours before cutting the spiral cookies. With a sharp knife cut each spiral cookie 1/2 to 1 inch thick and put them on a previously greased cookie sheet. Bake at 365° F until golden brown.

Easy Petit Fours

- 1/4 cup Philadelphia® Whipped Mixed Berry Cream Cheese Spread
- 12 vanilla wafers
- 6 strawberries, halved
- 1 square Baker's® Semi-Sweet Baking Chocolate, melted

Spread 1 teaspoon cream cheese onto each cookie. Top each with strawberry half.

Drizzle each strawberry-topped cookie with melted chocolate.

Fudge Brownie Bites with Cherry Mousse

(Vi Dorn)

1 (19.5-ounce) box traditional fudge brownie mix

1/2 cup vegetable oil

1/4 cup water

2 large eggs

1 tsp vanilla extract

1 cup semi-sweet chocolate morsels

1 envelope unflavored gelatin

1/4 cup cold water

1/3 cup boiling water

2 cups heavy whipping cream

2/3 cup sugar

1/2 cup maraschino cherries (about 25)

3 tsp maraschino cherry juice

Preheat oven to 350° F. Lightly grease a 15x10x1 inch jelly roll pan.

Fudge Brownies:

In a large bowl, combine brownie mix, oil, water, eggs and vanilla. Beat with a wooden spoon for 2 minutes. Stir in chocolate morsels. Pour batter into prepared pan. Bake 18 minutes; cool completely.

Cut brownies using a 1 1/2 inch round cutter. Place on a serving tray; set aside.

Cherry Mousse:

In a small bowl, soften gelatin in 1/4 cup cold water; let stand 2 minutes. Add 1/3 cup boiling water, stirring until gelatin dissolves.

In a medium bowl, beat whipping cream with an electric mixer until foamy; gradually add sugar, beating until soft peaks form. Gently stir in gelatin mixture, cherries and juice. Cover and chill 2 hours.

To serve, pipe or spoon cherry mousse onto prepared brownies.

Iced Pumpkin Cookies

(Sr. Marlene Minnaert)

1 cup butter, softened
1/2 cup sugar
1/2 cup packed brown sugar
1 egg
1 cup canned pumpkin
1 cup all-purpose flour
1 cup whole wheat flour
1 1/2 tsp cinnamon
1 tsp baking powder
1 tsp ginger
1/2 tsp salt
1/2 tsp baking soda
1/2 tsp nutmeg
1/4 tsp cloves
1 cup granola without raisins
1 cup chopped walnuts
1 cup dried cranberries, chopped

Icing:

1/4 cup butter, softened
2 cups confectioners' sugar
3 tbsp milk

In a large mixing bowl, cream butter and sugars. Beat in egg and pumpkin. Combine the flours, cinnamon, baking powder, ginger, salt, baking soda, nutmeg and cloves; gradually add to creamed mixture. Stir in the granola, walnuts and cranberries.

Drop by teaspoonfuls 2-inches apart onto greased baking sheets. Bake at 350° F for 15-18 minutes or until lightly browned. Remove to wire racks to cool.

In small mixing bowl, combine icing ingredients until smooth. Frost cookies. Store in the refrigerator.

Makes 3 dozen

Chocolate-tipped Butter Cookies

1 cup softened butter
1/2 cup powdered sugar
1 tsp vanilla
2 cups flour
6 ounces milk chocolate chips
1 tbsp shortening
1/2 cup finely chopped pecans

Cream butter, gradually add sugar and beat until fluffy. Stir in vanilla, gradually add flour and mix well. Shape dough into 2 1/2 by 1/2-inch sticks. Place on ungreased cookie sheet. Flatten 3/4 of each with a fork to 1/4-inch.

Bake at 350° F for 11 to 13 minutes. Cool.

Combine chocolate chips and shortening. Melt together. Dip cookies one-quarter (flat edge) in chocolate. Roll in pecans. Place on waxed paper. Cool.

Makes 3 1/2 dozen

Russian Teacakes

1 cup soft butter
1/2 cup sifted confectioners' sugar
1 tsp vanilla
2 1/4 cups sifted flour
1/4 tsp salt
3/4 cup finely chopped nuts

Thoroughly mix butter, sugar and vanilla. Sift together and stir in the flour and salt. Finally mix in the nuts.

Chill dough. Roll into 1-inch balls. Place on ungreased baking sheet (cookies do not spread). Bake until set, but not brown at 400° F for 10 to 12 minutes. While still warm, roll in confectioners' sugar. Cool. Roll in sugar again.

Makes about 4 dozen 1-inch cookies

Honey-Walnut Coins

To toast walnuts, spread them in a single layer on a rimmed baking sheet, and bake in a 350° F oven for 10 minutes.

2½ cups all purpose flour, plus more for shaping

¾ tsp coarse salt

1¼ cups coarsely chopped toasted walnuts (about 4¾ ounces)

2 sticks (8 ounces) unsalted butter, room temperature

¼ cup sugar

⅓ cup honey, preferable orange blossom,
plus ¼ cup warmed until liquid, for brushing

1. Pulse flour, salt, and ¾ cup walnuts in a food processor until finely chopped.
2. Beat butter with a standing mixer on medium-high speed until fluffy for 3-5 minutes. Add sugar, and beat until pale and fluffy for 2 more minutes. Beat in ⅓ cup honey. Reduce speed to low. Add flour mixture, and beat until just combined (dough will begin to pull together). Shape into a disk, and wrap in plastic. Refrigerate at least 1½ hours or up to 2 days.
3. Preheat oven to 325° F. Let dough stand at room temperature for 10 minutes. Pinch off about 2 tsp dough, and roll into a 1-inch ball. Repeat, spacing balls about 1-inch apart on baking sheets lined with parchment. Flatten cookies to ½-inch thick with the floured bottom of a glass. Press one of the remaining walnut pieces into each cookie.
4. Bake, rotating sheets halfway through, until edges are pale golden brown, about 20 minutes. Transfer sheets to wire racks, and brush cookies with warm honey. Let cool. Cookies can be stored in an airtight container for up to 2 weeks.

Makes about 7 dozen

Orange Poppy Seed Bread

3 cups all-purpose flour
1³/₄ cups sugar
2 tbsp poppy seeds, toasted*
1¹/₂ tsp baking powder
2 tsp salt
3 eggs
1¹/₂ cups milk
1 cup vegetable oil
3 tbsp grated orange zest
1 tsp pure vanilla extract
1/2 tsp almond extract

Orange Glaze (see recipe below)

* Toasting Poppy Seeds – Toast poppy seeds in a 350° F oven or in a dry frying pan over medium heat. Stir occasionally, toasting only until seeds begin to brown.

Preheat oven to 350° F. Grease two 9x5-inch loaf pans (or use smaller sized pans). In a large bowl, combine flour, sugar, poppy seeds, baking powder and salt. Add eggs, milk, vegetable oil, orange zest, vanilla extract and almond extract; stir until dry ingredients are moistened.

Pour batter into prepared loaf pans. Bake 55 to 60 minutes or until a toothpick inserted in center comes out clean. (Adjust time if using smaller pans.) Remove from oven and place on wire racks.

While still hot, using a long-tined fork, poke holes in the top of baked loaves. Pour Orange Glaze over loaves. Cool in pans for 10 minutes; remove from pans. Cool completely before slicing.

Makes 2 loaves (with the 9x5-inch pans).

Orange Glaze:

3/4 cup sifted powdered sugar
1/4 cup freshly squeezed orange juice
1/2 tsp pure vanilla extract
1/2 tsp almond extract

In a medium bowl, combine powdered sugar, orange juice, vanilla extract and almond extract; stir until well blended.

Tea = 10 cups hot water
to 8 t. loose tea.

(use 2 bags for 20 cups)
will fill one cup.
(with some tea leftover.)

History of Tea

Tea is the most popular drink around the world. The story of tea weaves its way through the social and cultural history of many nations.

Chinese legend has tea being discovered by Emperor Shen Nung in 2737 BC. He was a scholar and herbalist who had the habit of drinking only boiled water. One day while simmering a pot of water under a wild tea tree, some of the leaves drifted into his pot. He found the brew refreshing and revitalizing, and tea was discovered.

Japanese tea use is recorded by 729 AD when Emperor Shomer served tea to 100 Buddhist monks at his palace. No tea was grown in Japan at that time; the processed leaves came from China. Tea trees were established in Japan by 810 AD.

Japanese teas were exported to Europe by the Dutch East India Company around 1610 AD. The Portuguese traders exported tea from China. The trading brought a complexity of rights and ownership, taxation, wars, smuggling and the black market. Americans have their own history of tea, mostly remembered by the struggle with England over taxation without representation and the Boston Tea Party.

Tea took a stronghold in Holland by the late 1650s. In 1666 two English Lordships, Ossory and Arlington, gave tea social prominence in their country when they brought it from Holland. Although used throughout the continent, tea wasn't as readily accepted by other European countries.

The practice of afternoon tea time is truly a British institution. It was started around 1840 by Anna, wife of the seventh Duke of Bedford. Lunch as a meal didn't exist at that time in England. A bountiful breakfast was provided, and one went hungry until dinner at 8:00 p.m. While visiting at the Belvoir Castle, she would request a pot of tea with light refreshments to stave off her hunger. Although first done on the sly, she began asking friends to join her for afternoon tea. She continued the practice after returning to town, and, eventually, afternoon teas became the fashion.

An elegant, stylish afternoon tea was at one time called a low tea, and the high tea (also called meat tea) was a family meal of hearty, filling, savory and sweet foods that was eaten about 5:30 p.m. by the working classes when they returned home from a long, hard day in the factories, mines and offices.

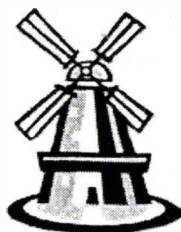
Tcha Cha Tay Tee

What's in a Name?

The English name tea comes not from the Mandarin Chinese name cha, but from the Chinese Amoy dialect word te (pronounced tay). The Dutch traders picked up the name te, changed it to thee, which developed into the English word tea.

The Tea Companion by Jane Pettigrew
1997 Quintet Publishing Limited, New York, NY

Tea Craft A Treasury of Romance, Rituals and Recipes by Charles and Violet Schafer
1975 Taylor & NG. Yerba Buena Press, Brisbane, CA



De Hoek

Savoring Dutch Traditions

De Hoek, meaning "the corner", is a small Dutch cafe located on the corner of Phillips Avenue and 2nd Street in downtown Sioux Falls, SD. It was established in 2003 as a for-profit Christian business that would assist local, regional, and worldwide missionary efforts, while bringing a bit of Dutch tradition to the region.

De Hoek strives to create a working atmosphere filled with mutual respect, kindness, and a drive to work together in creating something excellent and of great value in our society. Many of the De Hoek's employees work for free, including the proprietor, Jane Newman. They have developed a reputation of excellence in their service, food, teas and catered events.

