

TEA SANDWICHES

TIPS FOR ALL TEA SANDWICHES:\

Cover bread with plastic wrap while assembling sandwiches so the bread does not dry out.

Assemble sandwiches and place on a pretty serving platter. Cover the platter with dampened paper towels or plastic wrap to keep moist.

If you are making a lot of sandwiches, keep spritzing the paper towels with a mist of water to keep fresh.

Cream Cheese & Spiced Currants Sandwiches

- Bread
 - Cream Cheese
 - Currants soaked in apple juice
 - Cinnamon & Sugar
1. After soaking currants in apple juice, coat them with cinnamon and sugar by mixing around in a bowl.
 2. Spread cream cheese onto bread.
 3. Place 1-3 currants on top of the cream cheese.
 4. Sprinkle with a little cinnamon if desired.
 5. Serve open-faced.

Cucumber & Fresh Dill Sandwiches

- Thin bread (your favorite)
 - Thinly Sliced Cucumber
 - Fresh Dill
 - Unsalted Butter & Mayonnaise
6. Lightly butter one side of the bread and spread a small amount of mayonnaise on top of the butter.
 7. 2. Top with a thin slice of cucumber and a sprinkling of dill. These may be served open-faced or topped with an additional piece of bread which has been buttered & spread with mayo.

Celery-Nut

- block of cream cheese
- $\frac{1}{4}$ cup of milk
- Celery
- $\frac{1}{2}$ cup of chopped walnuts
- whole wheat bread

1. Whip a soft block of cream cheese with $\frac{1}{4}$ cup of milk.
2. Add $\frac{1}{2}$ cup of celery and $\frac{1}{2}$ cup of chopped walnuts.
3. Spread the mixture on whole wheat bread to serve.

Lavender Egg Salad

- four hard-boiled eggs
 - plain yogurt
 - curry powder
 - dried lavender buds
 - green olive
4. Chop up four hard-boiled eggs, mix in one ounce of mayonnaise, and one ounce of plain yogurt.
 5. Add one teaspoon of curry powder, and one tablespoon of dried lavender buds.
 6. Spread on bread slices and top with a green olive.

Creamy Date Nut Filling

- 5 pkg. cream cheese, softened (20 oz.)
 - $\frac{1}{2}$ tsp. salt
 - 2 c. chopped walnuts
 - $2\frac{2}{3}$ c. chopped dates
1. Blend until creamy; then add nuts and dates.
 2. Makes enough filling for 100 tea sandwiches.

Radish-Chive Tea Sandwiches with Sesame and Ginger

Yield: Makes 16 servings

- 4 tablespoons butter, room temperature
 - 3 tablespoons minced chives, divided
 - 1 tablespoon toasted sesame seeds
 - 3/4 teaspoon grated peeled fresh ginger
 - 1/4 teaspoon Asian sesame oil
 - 16 1/4-inch-thick baguette slices
 - 10 radishes, thinly sliced
3. Mix butter, 2 tablespoons chives, sesame seeds, ginger, and oil in small bowl; season with salt and pepper.
 4. Spread butter mixture over each bread slice.
 5. Top with radishes, overlapping slightly.
 6. Sprinkle with remaining chives and fleur de sel, if desired.

Lapsang Souchong Egg Salad Sandwiches

- 3 tsp. Lapsang Souchong tea leaves
 - 8 hard-boiled eggs
 - 3 Tbsp. mayonnaise
 - 2 tsp. finely chopped chives
 - Pinch of salt, optional
 - 8 slices bread, any kind
1. Prepare Lapsang Souchong tea by placing tea in boiling water for about 10 minutes, letting steep until tea is strong.
 2. Peel hard-boiled eggs and place in a large bowl.
 3. Pour strong tea over eggs in bowl.
 4. Place bowl in refrigerator and let eggs marinate for 36 hours.
 5. Remove eggs to a separate bowl and mash coarsely with a spatula.
 6. Add mayonnaise and chopped chives, mixing until evenly incorporated. If desired, mix in salt.
 7. Spread 2 tablespoons egg mixture over 4 slices of bread.
 8. Cover with remaining 4 slices of bread.
 9. Cut each sandwich into triangles.

GINGER CARROT TEA SANDWICHES

Makes 8 Quarters

- 2 grated carrots
 - 2 tablespoons cream cheese, softened
 - 2 tablespoons mayonnaise
 - 1 teaspoon sweet ginger paste (optional)
 - Salt and pepper to taste
 - 4 slices multi-grain bread
 - 4 teaspoons butter
 - Alfalfa sprouts
1. In a medium bowl, combine carrots, cream cheese, mayonnaise, and ginger paste; add salt and pepper.
 2. Spread one side of each piece of bread lightly with butter.
 3. Top the buttered side of 2 slices of bread with carrot/ginger mixture (about 1/4-inch thick).
 4. Top with alfalfa sprouts and top with the remaining bread slices, buttered side down.
 5. Carefully cut the crusts from each sandwich with a sharp knife.
 6. Cut the sandwiches in half diagonally and then again

Cheddar Chutney Tea Sandwiches Gourmet

Can be prepared in 45 minutes or less.

Yield: Makes 24 tea sandwiches

- a 9-ounce jar Major Grey's chutney (about 1/2 cup), pieces chopped
 - 1/2 pound sharp Cheddar cheese (preferably white), grated coarse (about 2 cups)
 - 1/2 cup sour cream
 - 3 ounces cream cheese, softened
 - 12 very thin slices homemade-type whole-wheat bread
 - 1/2 cup minced fresh coriander leaves
 - 1/3 cup mayonnaise
7. In a bowl stir together chutney, Cheddar, sour cream, cream cheese, and salt and pepper to taste until combined well.
 8. Make 6 sandwiches with filling and bread, pressing together gently. With a 1 1/2-inch round cutter cut 4 rounds from each sandwich.
 9. Put coriander on a small plate and spread edges of rounds with mayonnaise to coat well. Roll edges in coriander. Sandwiches may be made 2 hours ahead, wrapped in plastic wrap, and chilled.

Creamy Ginger & Rum Filling

- 1 (8 oz.) pkg. cream cheese
- 2 Tbsp. light rum ¶ 1/4 c. finely minced candied ginger

10. Mix softened cream cheese with light rum and minced candied ginger.

11. Spread on lightly buttered bread and cut into finger sandwiches.

Walnut Tea Sandwiches

- 1 1/2 (8-ounce) packages cream cheese, room temperature
 - 1/2 cup ground toasted walnuts
 - 2 tablespoons finely minced fresh parsley
 - 1 tablespoon finely minced green bell pepper
 - 1 tablespoon finely minced onion
 - 1 teaspoon fresh lemon juice
 - 1/4 teaspoon grated fresh nutmeg (or more to taste)
 - Salt and white pepper to taste
 - 24 slices best-quality white bread
 - 1/2 cup unsalted butter, room temperature
12. In a large bowl, combine cream cheese, walnuts, parsley, and bell pepper. Add onion, lemon juice, nutmeg, salt, and pepper; stir until well blended.
- 13.
14. Spread one side of each piece of bread lightly with butter. Top the buttered side of 12 slices of bread with some of the cream cheese mixture and top with the remaining bread slices, buttered side down.
- 15.
16. Carefully cut the crusts from each sandwich with a sharp knife. Cut the sandwiches in half diagonally and then cut in half again.
- Yields 12 whole sandwiches or 24 halves or 48 fourths.

Almond Cookies

Active Time:20 Minutes

Total Time:50 Minutes

Makes 24 cookies

- 1/2 cup granulated sugar
- 3/4 cup packed soft brown sugar
- 1/2 cup margarine
- 1 egg
- 1/2 teaspoon almond extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- Sesame seeds
- 24 blanched almonds (halves)

17. Preheat the oven to 350 degrees F. Cream the sugars with the margarine. Add the egg and almond extract and beat until fluffy.
18. Sift the flour and baking powder together and fold into the mixture a little at a time. Beat lightly to make a smooth dough. Do not knead the mixture too much, or the cookies will be hard.
19. Shape the dough into balls the size of a walnut. Dip the tops of the cookies into the sesame seeds. (You may need to slightly dampen the top of each with a little water.) Lightly press half an almond into the center and flatten a little.
20. Place the cookies about 1 inch apart. Bake for 8-10 minutes until golden brown. Store in airtight containers.

Gingerbread Tea Loaf

- 1 2/3 cups unbleached all-purpose [flour](#), sifted
- 1 teaspoon ground ginger
- 1/2 teaspoon cardamom
- Pinch each of ground black pepper, ground clove, ground fennel, ground nutmeg, and ground star anise
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons crystallized ginger baking chips, divided
- 1/2 cup unsalted butter, room temperature
- 1/2 cup firmly-packed golden-brown sugar
- 1/2 cup granulated sugar
- 2 extra-large [eggs](#)
- 1 tablespoon pure vanilla extract
- 3 tablespoons minced fresh ginger
- 1/2 cup nonfat milk (or buttermilk)
- 2 tablespoons nonfat plain yogurt (or sour cream)

Optional Garnishes:

Whipped Cream

Seasonal Berries

21. Preheat oven to 350 F. Prepare a 8 1/2- x 4 1/2-inch loaf pan (or Nordicware gingerbread loaf pan) with a non-stick baking spray. Using some light brown sugar (or plain granulated sugar), dust the bottom and all sides of the pan, leaving a thin coating of the sugar.
22. In a large mixing bowl, combine flour, pepper, cloves, fennel, nutmeg, star anise, cinnamon, baking soda, and salt. Mix in 3 tablespoons of crystallized ginger baking chips; set aside.
23. Using an electric mixer with a large bowl, beat the butter, brown sugar, and granulated sugar together until light and creamy. Beat in the eggs, one at a time, until well mixed. Add the vanilla extract and the fresh ginger. Slowly mix in 1/2 of the flour/spice mixture; then add milk and yogurt. Add the remaining 1/2 of the flour/spice mixture; blend just until smooth. Pour batter into the prepared loaf pan. Sprinkle the remaining 3 tablespoons of crystallized ginger over the top surface of the batter, pressing the ginger lightly into the batter.
24. Bake approximately 50 to 60 minutes or until a toothpick inserted into the center comes out clean. Remove from oven, let pan cool on a wire rack for ten minutes, and then turn cake out of the loaf pan onto the wire rack to cool completely. When completely cool, using a fine mesh strainer, dust the top lightly with confectioners (powdered) sugar.
25. If desired, garnish with whipped cream and seasonal berries.

Makes 1 loaf.

High Tea Lemon Cookies

- 2 cups butter, room temperature*
 - 2/3 cup [powdered \(confectioners\) sugar](#)
 - 1 teaspoon grated [lemon](#) zest
 - 1/2 teaspoon pure vanilla extract
 - 2 cups all-purpose [flour](#)
 - 1 1/2 cups cornstarch**
 - Lemon Frosting (see recipe below)
 - Very important please read! You must use room temperature butter (not softened or melted butter)
 - ** Yes, this is correct - use 1 1/2 cups cornstarch.
 -
26. Preheat oven to 350 degrees F. In a large bowl, beat butter until creamy looking. Add powdered sugar; mix until light and fluffy. Add lemon zest and vanilla extract; beat well. Add flour and cornstarch into butter mixture and mix well until well combined. NOTE: At first the dough will look dry - but don't worry, as the dough slowly comes together as you mix it and the butter melts into the dry ingredients.
27. Do not refrigerate this dough, as the butter will harden hard and make the dough unmanageable for rolling. Using your hands, roll cookie dough into 1-inch balls. Place onto ungreased cookie sheets and bake 15 minutes or until bottoms are light brown. Remove from oven, carefully remove from baking sheet, and cool on wire racks (when warm the cookies are delicate). When cool, spread Lemon Frosting onto top of cookies.

Yields 6 dozen cookies.

Lemon Frosting

This recipe makes enough for a double batch of cookies.

- 1/3 cup butter, room temperature
 - 1 teaspoon grated [lemon zest](#)
 - 1/3 to 1/2 cup freshly squeezed [lemon juice](#)
 - 4 cups [powdered \(confectioners\) sugar](#)
28. In a medium bowl, combine butter, lemon zest, lemon juice, and powdered sugar; stir until well mixed. NOTE: Additional lemon juice may be needed to get the frosting thin enough.

NOTE: After making many batches of Lemon Frosting, I now thin the frosting with additional lemon juice or water and dip the top of the cookie into it. This technique is much faster and easier.

Lavender tea cakes

- 1 tablespoon dried [culinary lavender flowers](#)
- 1 cup butter, room temperature
- 2/3 cup [sugar](#)
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon lemon extract
- 2 cups all-purpose [flour](#)
- 1/8 teaspoon salt
- Lavender Frosting (see recipe below)

29. In a mortar, grind lavender flowers with the pestle. In a medium bowl, cream together ground lavender flowers, butter, sugar, vanilla extract, and lemon extract. Add flour and salt; mix until combined (dough should be soft but not sticky.) Refrigerate 1 to 2 hours or until dough is firm.

30. Preheat oven to 325 degrees F. Remove dough from refrigerator. On a lightly floured surface, roll dough approximately 1/4-inch thick. Cut into desired shapes with cookie cutters and place onto ungreased cookie sheets. Bake 12 to 15 minutes or until cookies are lightly browned around the edges. Remove from oven and cool on wire racks. When cool, frost with Lavender Frosting.

Makes 2 dozen cookies.

Lavender Frosting

- 1 cup [powdered \(confectioners\) sugar](#)
- 2 tablespoons dried culinary lavender flowers
- 2 tablespoons milk
- 2 teaspoons light corn syrup
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31. In a small plastic bag, combine powdered sugar and dried lavender flowers. Let stand at least 1 day before using. When ready to use, sift the mixture into a medium-size bowl; discarding lavender flowers.

32. Add milk and corn syrup, mixing well. NOTE: Additional powdered sugar or milk may need to be added (enough milk to make frosting easy to spread). Spread on cooled cookies.

Sweet Rice-Flour and Coconut Cake

Butter Mochi

This chewy snack cake gets its distinctive gelatinous texture from mochiko, a sweet rice flour that's commonly used in Hawaii. Coconut milk and butter add rich, creamy flavor.

Yield: Makes 24 squares

Active Time: 15 min

Total Time: 3 3/4 hr (includes cooling)

- 3 cups mochiko* (sweet rice flour; 1 lb)
- 2 1/2 cups sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 (14-oz) cans unsweetened coconut milk (not low-fat)
- 5 large eggs
- 1/2 stick (1/4 cup) unsalted butter, melted and cooled
- 1 teaspoon vanilla

33. Put oven rack in middle position and preheat oven to 350°F.

34. Whisk together mochiko, sugar, baking powder, and salt in a large bowl.

Whisk together coconut milk, eggs, butter, and vanilla in another bowl. Add coconut mixture to flour mixture, whisking until batter is combined.

35. Pour batter into an ungreased 13- by 9-inch baking pan, smoothing top, and bake until top is golden and cake begins to pull away from sides of pan, about 1 1/2 hours. Cool cake completely in pan on a rack, about 2 hours. Cut mochi into 24 squares before serving.

Cooks' note:

Mochi keeps, covered and chilled, 3 days.

*Available at Asian markets

Chinese Noodle Nut Clusters

The combination of salty, sweet, crunchy, and smooth gives these confections a special place in my heart. That, added to the fact that they made an appearance at every bridge and mahjongg game my mother ever hosted, elevates their status to serious nostalgia food. You can find cans of Chinese chow-mein noodles in the Asian food section of the supermarket. The ones you want are cooked and ready to eat like crackers.

Yield: Makes about 30 clusters

- 2 cups (10 ounces) semisweet chocolate chips
- 2 tablespoons (1 ounce) unsalted butter
- 2 cups (about 4 ounces) Chinese chow-mein noodles, broken into 1/2-inch to 1-inch pieces (vary the sizes)
- 1 1/4 cups (5 ounces) dry-roasted salted peanuts, shaken in a sieve to remove excess salt

36. Line a baking sheet with wax paper, parchment paper, or aluminum foil. Set aside.
37. Melt the chocolate chips and butter together in a metal bowl set over, but not touching, a pan of simmering water, or in a microwave-safe bowl in a microwave oven. Stir the mixture until it is smooth. In a large mixing bowl, toss the noodles and peanuts together. Pour the melted chocolate mixture over them. Working quickly before the chocolate hardens, use a rubber spatula to mix and coat the noodles and nuts with chocolate.
38. Use 2 soup spoons (or teaspoons, depending on how large you want your clusters) to scoop up portions of the mixture. Set the clusters on the prepared sheet. Set the baking sheet in a cool place (not in the refrigerator) until the chocolate hardens.
39. The clusters can be stored in an airtight container at room temperature for up to 1 month.

TOASTED COCONUT MACADAMIA POUND CAKE

For the cake:

- 2 cups sweetened flaked coconut (about 6 ounces)
- a 7-ounce jar macadamia nuts (about 1 1/2 cups)
- 2 sticks (1 cup) unsalted butter, softened
- 1 1/2 cups firmly packed light brown sugar
- 8 ounces cream cheese, softened
- 4 large eggs
- 1 tablespoon vanilla
- 2 2/3 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt

For the glaze:

- 1/4 cup water
- 3/4 cup sugar
- 1/4 cup amber or dark rum
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- Preheat oven to 350F, and butter and flour a 10-inch (3-quart) bundt pan.
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Make pound cake:

40. Spread coconut in a shallow baking pan and toast in middle of oven, stirring occasionally and watching carefully to avoid burning, until golden, 10 to 12 minutes. Transfer coconut to a bowl and cool. Spread nuts in pan and toast in middle of oven until pale golden, 8 to 10 minutes. Cool nuts and chop coarse. In a bowl with an electric mixer beat together butter and brown sugar until light and fluffy and beat in cream cheese. Add eggs, 1 at a time, beating well after each addition, and beat in vanilla. Sift flour, baking powder, and salt into bowl and beat just until combined well. Stir in coconut and chopped nuts. Spread batter evenly in pan and bake in middle of oven 1 hour to 1 hour and 10 minutes, or until a tester comes out clean. Cool cake in pan on a rack 5 minutes and invert onto rack.

Make the glaze:

41. In a small heavy saucepan bring water with sugar to a boil, stirring until sugar is dissolved. Stir in rum. Brush hot glaze evenly over outside of warm cake until absorbed. Cool cake completely.

Coconut and Mango Tart with Macadamia Nut Crust

Serves 10 to 12

A crust of buttery, rich macadamia nuts paired with a creamy coconut and mango filling creates a lush, tropical-inspired dessert. Note that the filling needs to chill for several hours before serving and be sure to use regular unsweetened coconut milk in this recipe, not a light or low fat version.

Ingredients

Filling

- 6 ounces firm silken tofu
- 1 cup unsweetened coconut milk
- 1/4 cup sugar
- 1 cup unsweetened coconut, toasted
- 1 cup finely diced mango

Crust

- 1 cup macadamia nuts
 - 1/3 cup brown rice flour
 - 2 tablespoons sugar
 - 1/4 teaspoon salt
 - 2 tablespoons water
42. For the filling, put tofu into a large bowl and beat with an electric mixer until softened and creamy. Add coconut milk, sugar and 3/4 cup of the coconut. Blend just to combine then stir in mango. Cover with plastic wrap and refrigerate until slightly thickened, at least 6 hours.
- 43.
44. For the crust, preheat oven to 400°F. Grease a 9-inch tart pan; set aside.
- 45.
46. In the bowl of a food processor, pulse nuts, flour, sugar and salt until mixture is the consistency of bread crumbs. Sprinkle in water and pulse until mixture begins to clump together. Press into prepared pan, spreading evenly over bottom and up the sides of the pan. Bake for 12 to 14 minutes, or until shell is golden and crisp. Remove from oven and let cool completely.

When ready to serve, pour chilled filling into crust and smooth top with a spatula. Sprinkle with remaining 1/4 cup coconut and serve.

Triple Chocolate Rum Cake

Serves 10 to 12

One reader asked for a natural version of their favorite chocolate rum cake recipe. While perfect for your Valentine's affair, this is also an excellent all-occasion cake. A hint of rum lends it an air of festiveness, and the chocolate pudding ensures a moist, velvety texture. Fresh raspberries, whipped cream and a dusting of powdered sugar complete this decadent dessert.

Ingredients

- 1 (18.25-ounce) box chocolate cake mix
 - 1 (2.8-ounce) box chocolate flavored instant pudding mix
 - 1/2 cup rum
 - 4 eggs
 - 1/2 cup lowfat milk
 - 1/2 cup canola oil
 - 1 cup semi-sweet chocolate chips
 - 4 tablespoons butter
 - 1/2 cup rum
 - 1/2 cup unbleached natural cane sugar
 - 1/4 teaspoon vanilla extract
 - Powdered sugar (optional)
 - Raspberries (optional)
 - Whipped cream (optional)
1. Preheat oven to 350°F.
 2. Spray and flour a bundt pan.
 3. Put cake mix, pudding mix, rum, eggs, milk and oil into a large bowl and beat with an electric mixer on low speed for 1 minute, then on medium speed for 2 minutes.
 4. Pour batter into prepared pan, then sprinkle the top with chocolate chips and gently swirl them into the batter.
 5. Bake for 45 minutes, or until done when tested with a toothpick. Set cake aside on a wire rack.
 6. Meanwhile, put butter, rum and sugar into a small pot and bring to a boil. Remove from heat and stir in vanilla; set glaze aside.
 7. While hot cake is still in pan, use a toothpick to poke holes all over.
 8. Slowly pour reserved glaze over cake and let soak in and cool completely.
 9. Remove cake from pan, then dust with powdered sugar and serve with raspberries and whipped cream, if desired.

Heart-Shaped Chocolate Cookies

Makes about 4 dozen

- 1 cup sugar
 - 1/2 cup (1 stick) butter, softened
 - 1 egg
 - 1 teaspoon vanilla extract
 - 2 (3-ounce) bars dark chocolate (1 melted, 1 left whole)
 - 1 3/4 cups all purpose flour
 - 1 teaspoon baking powder
 - 1 (3-ounce) bar milk chocolate
10. Cream together sugar and butter in a large bowl. Whisk in egg and vanilla, then whisk in melted dark chocolate until smooth. Stir in flour and baking powder until combined, then cover and refrigerate cookie dough for 1 hour.
 11. Preheat oven to 375°F.
 12. Lightly flour the surface on which you will be rolling the dough. Do not flour the rolling pin or the top surface of the dough. Roll dough out to 1/4-inch thickness, then cut out cookies using a 2-inch heart-shaped cutter.
 13. Break remaining dark and milk chocolate bars into small squares and gently press one square of chocolate into each cookie. Place cookies on cookie sheet and bake for 8 minutes. Set aside to let cool, then serve.

Lavender Lemonade

- 1 tray ice cubes
 - 1/4 cup dried lavender
 - 2 cups boiling water
 - 3/4 cup white sugar
 - 8 lemons
 - 5 cups cold water, or as needed
14. Place ice cubes into a 2 quart pitcher. Place the lavender into a bowl, and pour boiling water over it.
 15. Allow to steep for about 10 minutes, then strain out the lavender and discard.
 16. Mix the sugar into the hot lavender water, then pour into the pitcher with the ice.
 17. Squeeze the juice from the lemons into the pitcher, getting as much juice as you can. Top off the pitcher with cold water, and stir. Taste, and adjust lemon juice or sugar if desired.
 18. Place one sprig of a clean lavender blossom into tall glass. Add crushed ice, pour lemonade over ice and serve.

Spiced Iced Tea Punch

Serves 8

Maria from Germany sent us this recipe for a perfectly refreshing spiced tea-punch. Keep a batch on hand to enjoy on hot summer afternoons. Blueberry and blackberry tea bags are available in black or green tea versions; both are suited for this recipe.

- 10 whole cloves
- 4 cinnamon sticks
- 8 cups apple juice
- 8 blueberry or blackberry tea bags
- 1 Navel orange, cut crosswise into rounds

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19. Wrap cloves and cinnamon sticks in a piece of cheesecloth or a coffee filter and secure with kitchen twine.

20. Bring apple juice and spices just to the boiling point.

21. Remove from heat and add tea bags. Steep for 4 to 6 minutes then remove tea bags.

22. Let cool to room temperature, then refrigerate until cold.

23. When ready to serve, remove spices.

24. Pour into ice-filled glasses and garnish with orange slices.