

# High Tea English "Crumpets" + Assorted Sweet & Savory Butters + Quickest Fruit Jam + Proper Tea



## high tea english crumpets

measure + add

Heat **1 C whole milk** until it is lukewarm. Measure and add **1 packet (or 1 T) active instant/fast rising dry yeast** to the milk in a mixing bowl. Measure and add **1 T sugar** to the bowl, too.

mix + rest + grease + preheat

Whisk milk with yeast and sugar and let rest for 10-20 minutes. Generously grease a muffin tin with butter. Place the tin in your oven and preheat the oven to 350 degrees F.

add + mix + rest

To a separate mixing bowl, add **1 1/4 C all-purpose flour** + **1 tsp salt**. Mix. Then mix this into your yeast/sugar/milk bowl until well combined. Then mix **1/2 C sparkling water** and **1/2 tsp baking soda** together, and add this to your batter. Mix one more time, then let rest at room temp for at least 20 minutes or until the batter doubles in size. Meanwhile, make the **Quickest Fruit Jam** (recipe below!)

::recipe continued::

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pour + bake + toast

Remove muffin tin from oven, then pour batter halfway up each well. Bake Crumpets for 20-30 minutes, or until Crumpets are cooked through. Meanwhile, mix up Sweet and Savory Butters! Once Crumpets have baked, set your oven to "broil" and let tops toast to golden brown. Careful! They will toast fast and can burn easily. Serve warm with **Quickest Fruit Jam, Sweet and Savory Butters, and Proper Tea!**

to make Crumpets Gluten-Free:

Mix **1 packet yeast** with **2 T sugar**, **1 egg**, and **1 C warm milk**. Let rest, then add **1 ½ C gluten-free flour + 1 tsp salt**. Mix together **1 C sparkling water** with **½ tsp baking soda** and add this to the batter. Let rest for 20 minutes. Bake for 20-30 minutes until Crumpets are cooked through, then toast by turning oven to broil until tops are golden brown.

to make Crumpets Gluten and Egg-Free:

Substitute **1 ½ tsp olive or grapeseed oil**, **1 ½ T water**, and **1 tsp baking powder** for the egg.

**quickest fruit jam**

add + mash

To a mixing bowl, add **½-1 C fresh or frozen and thawed berries** (strawberries, blackberries, blueberries, raspberries, etc or a mix!). Chop larger berries first to make them easier to mash. Add **1 T sugar/maple syrup/honey** and a **pinch of salt**. Using a potato masher, mash berries until you have a smooth consistency. Some small chunks are delicious! OR , add chopped berries, sugar, and salt to a plastic zip-top bag, seal tightly, and squish with hands until berries are mashed! Serve with warm **Crumpets** and **Sweet and Savory Butters!**

::continued::





## assorted sweet and savory butters

### divide + zest + chop

Divide **1 stick of soft butter** in half. Choose your ingredients and divide them into "sweet" and "savory" categories. Then zest any fruit you've chosen and chop any veggies, fruit, or herbs you've chosen.

### measure + add + mix 'n mash

To your sweet butter, add **1 tsp sugar/maple syrup/honey** and any other sweet additions you've chosen. To your savory butter, add **¼ tsp or more salt** to taste, **⅛ tsp black pepper**, and any savory additions you've chosen. Mix 'n mash the butters separately until ingredients are all combined, then serve with warm **Crumpets** and **Quickest Fruit Jam!**

## proper tea

### boil + add + steep + pour!

Boil **3 C water** in a saucepot. Add **3 T sugar/maple syrup/honey** and stir until dissolved. Remove from heat and add **3 DECAF black tea bags** and steep for 3-5 minutes. Add **½ C whole milk**, pour, and enjoy!

::continued::



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# shopping list!

## High Tea English Crumpets

- 1 C whole milk
- 1 T (1 packet) active yeast
- 1 T sugar
- 1 ¼ C AP flour
- 1 tsp salt
- ½ tsp baking soda
- ½ C sparkling water

## GF High Tea English Crumpets

- 1 C whole milk
- 1 T (1 packet ) active yeast
- 2 T sugar
- 1 egg
- 1 tsp salt
- 1 ½ C gluten free flour
- ½ tsp baking soda
- 1 C sparkling water

## Quickest Fruit Jam

- 1/2-1 C fresh or frozen/thawed berries
- 1 T sugar/maple syrup/honey
- small pinch salt

## Proper Tea

- 3 DECAF black tea bags
- 3 T sugar/maple syrup/honey
- ½ C whole milk

*::shopping list continued::*

*::continued::*

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## shopping list!

### Sweet Butter

- ½ stick butter
- 1 tsp or more sugar/maple syrup/honey

***suggested add-ins! Try 1 or more combos or make up your own!***

- brown sugar + cinnamon or pumpkin spice
- orange zest + dried cranberries
- cocoa powder + more sugar + peppermint extract or minced fresh mint
- honey + vanilla extract
- strawberries + orange zest

### Savory Butter

- ½ stick butter
- ¼ tsp or more salt + ⅛ tsp ground black pepper

***suggested add-ins! Try 1 or more combos or make up your own!***

- fresh chives + parsley + lemon zest
- parmesan cheese + fresh basil + fresh sweet corn
- lemon + capers
- chopped tomato + basil

::continued::

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## Let's Learn about Flour!

**Flour is a powder which is made by grinding cereal grains, beans, or other seeds or roots (like cassava).** Some other grains that can be ground into flour are rye, buckwheat, barley, corn and rice. Other foods that are used to make flour are potatoes, acorns, mesquite, cassava, soybeans, amaranth and bananas!

**Each kernel of wheat is made up of three parts: the coarse outer bran layer** (which contains most of the fiber), the germ and the endosperm. The endosperm stores the starch of the grain, which is a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

**Flour is made in nearly every country in the world.**

**First, wheat seeds have to be planted and plants have to grow.** When the plants are ready to harvest, farmers work hard to collect it with giant machines called combines.

**Combines cut, separate, and clean the wheat at the same time.** The wheat has to be completely dry for it to be stored, so farmers do not harvest the wheat if it's rainy.

**Then, the flour is transferred to a mill (or a building where grains are ground into flour),** where a miller will oversee the grinding of the wheat grain into flour.

## What the heck are Crumpets and High Tea?!

**English crumpets are circular, chewy, spongy cakes with small holes throughout the surface.** Crumpets are made mainly from flour and yeast. Crumpets are usually cooked on a griddle and made into round shapes with crumpet molds or rings and eaten toasted. They resemble English muffins, but are slightly chewier. In fact, a crumpet could be loosely considered a cross between a pancake and an English muffin.

**In the mid-1800s, English High Tea began as a small meal eaten between lunch and dinner at the end of a long day.** When workers came home from a hard, long day of labor, they needed something to perk up their energy and spirits before dinner, which wouldn't be eaten until later in the evening around 8pm. High Tea usually involved a mug of tea, some bread, vegetables, cheese and sometimes meat. Why the name "High Tea?" Maybe because it was eaten at the table rather than at low chairs or tables. The wealthy also enjoyed tea in the afternoon, but it was typically more of a social event than a matter of sustenance.

### Time for a laugh!

Why do bakers give their mom's on for mothers day? **Flours!**

What did the yeast say to the bag of flour? **Come on we Knead to be serious...**

What did the butter say to the bread? **I'm on a roll!**

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