



# Traditional English Tea 1998 Recipe Book

*Dear Friends,*

*This recipe collection presents some of the delicious items served over the years at the Episcopal Parish of Ames Traditional English Tea. We would like to share them with you. We suggest that when making these recipes, always use regular mayonnaise and real butter. Previous editions of this recipe book were prepared in 1983 and 1988. This 1998 edition includes those cherished recipes as well as new ones served at this year's tea.*

*The Episcopal Parish of Ames,  
St. John's By The Campus*



## *A Little History...*

St. John's tradition of a "proper" English Tea began in 1974. Dorothy Redfield, born and raised in England, coordinated the first event. Women of the parish worked from her family recipes handed down through the years. Thus, with an array of sweets, sandwiches and Earl Grey tea served on fine china and tables covered in white, the tradition of the "Episcopal Parish of Ames Traditional English Tea" began.



From the beginning, everything has been prepared from scratch by member of the parish, providing guests the opportunity to sample delicacies (or "fancies") seldom available elsewhere.

This year the English Tea is in celebration of the completion of a major renovation and addition to the Parish House.

# Recipes



New Recipe

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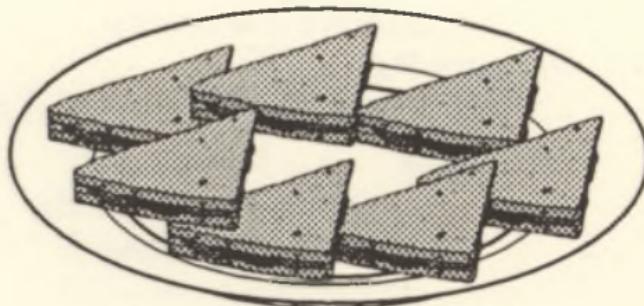
## Marzipan

# Sandwiches



## **Sandwiches**

All of the sandwiches are made on Pepperidge Farm Family Loaf (thinly sliced). Sandwiches are made with two pieces of bread, crusts removed and cut into rectangles, diagonally twice to make small triangular sandwiches, or cut with a biscuit cutter to make round shapes. The filling recipes are as follows:



## Cucumber Filling

Spread the bread with softened butter that has been mixed with freshly snipped parsley. Slice cucumbers very thinly and place between buttered bread rounds.

## Salmon Spread Filling

1 can (15-1/2 oz) red or pink salmon  
1 package (8 oz) cream cheese  
1 teaspoon lemon juice  
2 teaspoons green onion, finely chopped  
1 teaspoon salt  
dash pepper  
1/3 cup celery, finely chopped

Drain salmon. Combine with remaining ingredients, blending thoroughly. Chill overnight. Spread on bread and cut into triangles.

## Watercress Filling

6 ounces cream cheese  
1/4 cup sour cream  
2 cups watercress, chopped w/  
    stems removed  
Salt and pepper to taste

Cream the cream cheese and the sour cream together until light and fluffy. Mix in the watercress and the salt and pepper, blending thoroughly. Spread between bread and cut into rectangles.

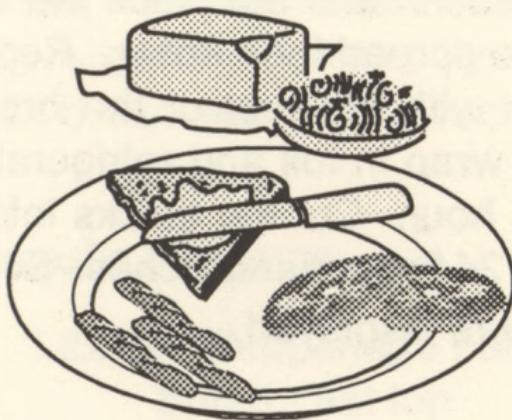
## Harlequin Fingers

1 lb. loaf Pepperidge Farm white  
    bread - flat top  
1 lb. loaf Pepperidge Farm whole  
    wheat bread - rounded top  
1/2 cup butter, softened  
1/4 cup mayonnaise (don't  
    substitute)  
8 oz cream cheese, softened

Blend softened butter, mayonnaise and cream cheese thoroughly. Trim crusts from both loaves. Each slice will be approximately 3-1/2" square. Spread one side of each slice with softened cream cheese mixture. Alternate twice: one slice of white bread and one slice of whole wheat bread on top of each other but place the 4th slice with the spread face down. Repeat this pattern with the rest of the bread. To store: wrap in foil and refrigerate for at least 1 hour. Cut the stacks into thirds. Makes 24 finger sandwiches. Serve with the layers displayed.



# Scones, Biscuits & Straws



## Scones

2 rounded cups flour  
2 heaping teaspoons baking powder  
1/2 cup milk  
2 tablespoons sugar  
1 egg  
1/2 stick butter  
pinch of salt

Sift dry ingredients. Work in butter with fingers to crumb stage. Beat egg with milk and sugar. Cut into dry ingredients with a knife or pastry blender. Pat down on floured board to 1/2" thickness. Cut with 1-1/2" cutter and brush tops of scones with beaten egg. Bake at 450° for 7 minutes. Split scones when cool and fill with Strawberry Almond Butter.

## Tea Scones

2 cups all-purpose flour  
2 tablespoons sugar  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/3 cup dried currants  
6 tablespoons butter or margarine  
1 egg, beaten  
1/2 cup milk  
1 egg, slightly beaten

Mix thoroughly: flour, sugar, baking powder and salt. Add currants and stir. Cut in butter until the mixture resembles coarse crumbs. Add 1 beaten egg and milk, stirring until the dough clings together. Knead dough gently on lightly floured surface (12-15 strokes). Using 1/2 of the dough, pat into an 8" round very lightly greased cake pan to about 1/2" thickness. (Shaping the scone mixture in this manner assures uniformity for the Traditional English Tea.) Repeat with other half of

dough. Cut the dough into 12 wedges. Remove wedges from cake pans and place on ungreased baking sheet without edges touching. Brush scones with the slightly beaten egg. Bake at 425° until deep golden brown, 12-15 minutes. Makes 2 dozen scones.

## Strawberry Almond Butter

1/2 cup butter  
2 cups confectioner's sugar, sifted  
2 cups strawberries, hulled  
1/2 cup blanched almonds,  
finely ground

Cream together the butter with the confectioner's sugar. Puree the strawberries in a food processor or blender, then stir into the butter mixture. Beat the mixture until smooth and beat in the finely ground almonds. Chill. Split scones and spread between layers when ready to serve.

## Jelly Biscuits

1 cup shortening  
1/2 cup granulated sugar  
1/2 cup brown sugar  
2 egg yolks  
3 tablespoons milk  
2 teaspoons vanilla  
2-2/3 cups flour, sifted  
2 teaspoons cream of tartar  
1 teaspoon soda  
1/2 teaspoon salt  
1/2 cup commercial red-raspberry,  
grape, apricot or strawberry  
preserves or jam.

Thoroughly cream shortening and sugars. Add egg yolks, milk and vanilla. Beat well. Sift dry ingredients together and add to creamed mixture. Chill dough for 1 hour. On a well-floured pastry cloth or board, roll half the dough out at a time to 1/8" thickness. Cut with a 2" round cutter. Cut a small hole in center of half the cookies.

Place about 1/2 teaspoon preserves on each flat round. Top with a cutout cookie. Press edges with an inverted spoon to seal. Bake 1" apart on ungreased cookie sheet in moderate oven, 350° 10-12 minutes. Makes about 3-1/2 dozen.

## **Vanilla Biscuits**

1 cup butter, softened  
1/3 cup heavy cream  
2 cups flour  
Granulated sugar  
**Butter filling**

Thoroughly mix together butter, cream and flour. Cover and chill. Roll 1/3 of the dough at a time 1/8" thick on floured cloth-covered board. Cut into 1-1/2" circles. Keep remaining dough chilled. With a spatula, transfer rounds to waxed paper that is covered with sugar. Place on ungreased baking sheet. Prick rounds with fork 4 times. Bake at

375°, 7 to 9 minutes until set, but not brown. Put cookies together in pairs with Butter Filling.

## **Butter Filling**

1/4 cup softened butter  
3/4 cup confectioners' sugar  
1 teaspoon vanilla  
Assorted Food Colorings

Cream butter with the confectioners' sugar and the vanilla until smooth and fluffy. Tint with a few drops of food color to make small amounts of light green, pink, or yellow filling. Add a few drops of water if necessary for proper spreading consistency.

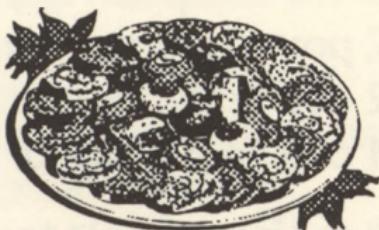
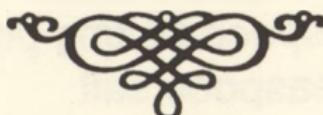
## Cheese Straws

1-3/4 cup flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/8-1/4 teaspoon cayenne pepper  
1/2 pound sharp cheddar cheese  
1/2 cup butter or margarine  
1/4 cup cold water or beer

Sift dry ingredients together. Grate cheese in food processor and leave in processor. Insert steel blade, add margarine and mix well. Add dry ingredients and blend until well mixed and crumbly. Add liquid through the tube and process until mixture forms a ball. Using a cookie press with a star opening, pipe dough onto ungreased cookie sheet in long sections. Cut into 3 inch lengths. Bake at 350° for 12-15 minutes or until lightly golden. One recipe makes about 90 straws.



# Shortcakes, Truffles & Cookies



## Gingerbread

1 tablespoon butter (to butter pan)  
2-1/2 cups all-purpose flour  
1-1/2 cups dark brown sugar  
1 tablespoon ground ginger  
1 tablespoon ground cinnamon  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/4 pound plus 4 tablespoons  
    unsalted butter  
4 tablespoons dark molasses  
4 tablespoons dark corn syrup  
2 eggs

Sift dry ingredients into large bowl. Add sugar, blending well. In a heavy 2-3 quart saucepan, combine the unsalted butter, molasses and corn syrup. Bring to a simmer over low heat. Cook, stirring constantly, until butter melts.

Pour liquid over the flour mixture in a thin stream. Stir constantly with a large wooden spoon. When butter is smooth, add eggs one at a time, beating well after each addition.

Pour into a 7" x 12" buttered pan. Bake in the middle of the oven at 350° for 25 minutes. Cool and serve at room temperature.

This cake may fall in the middle, but if baked too long it will dry out.

## Swiss Shortcakes

6 ounces (1 1/2 sticks) butter  
7 tablespoons powdered sugar  
3/4 cup all-purpose flour  
1/2 teaspoon vanilla  
GlacÈ cherries

Cream butter and sugar. Add essence and flour. Beat well. Place mixture in a piping bag with 1/2" rose nozzle. Pipe into paper baking cases. Place a piece of cherry in the center of each. Bake at 350° for 18-21 minutes until golden brown. This recipe will make 2 dozen small sized muffin tins filled to 3/4 full. Does not rise.

When cool, can be stored in air-tight container. Dredge with powdered sugar just before serving. May be made several days before using.

## St. John's Truffles

1 cup semi-sweet chocolate chips  
1/2 cup sour cream  
1/2 cup confectioner's sugar  
5 tablespoons cocoa powder  
2 tablespoons orange zest  
3 tablespoons fresh orange juice  
3 tablespoons light corn syrup  
6 tablespoons Amaretto  
1-1/2 cups pecans, finely chopped

Melt chocolate chips over hot water. Cool. Add sour cream mixing it well. Refrigerate overnight. Next day, measure out 1/2 cup confectioner's sugar in small bowl to dust palms while shaping mixture into 50 balls. Use a generous 1/2 teaspoon of mixture to be used as the center of the truffles. Place balls on waxed paper. In a bowl, mix crushed vanilla wafers, sugar and cocoa. Mix together orange juice and zest, corn syrup, and Amaretto. Add to vanilla wafer mixture and mix. Shape mixture around chocolate centers to make 1-1/2" balls. Roll in chopped pecans. Store in air-tight container at least two weeks.

## Coventry Charms

1 cup butter  
1-1/4 cup sugar  
2 eggs  
4-1/2 cups flour, sifted  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 cup sour cream  
2 teaspoons almond extract

Cream butter and sugar until fluffy.

Add one egg at a time, beating well each time. Sift dry ingredients together and add alternately with blended sour cream and extract. Divide dough into quarters and wrap in plastic wrap. Chill until firm or overnight.

Roll out dough to 1/4" on a flat surface dusted with a mixture of sugar and a small amount of flour. Using a flower shaped cookie cutter, place flowers on an ungreased cookie sheet. Brush flowers with Glaze. Put 1/4 teaspoon almond

syrup mixture in each center. Bake 10-12 minutes at 350°. Remove cookies with a metal spatula and let cool on waxed butcher paper. Makes 150 cookies.

### **Glaze:**

1/4 cup sugar  
1 tablespoon cool water  
1 tablespoon warm water  
2 egg yolks

In a small dish, dissolve sugar in cool water. Microwave in one-minute segments until caramelized: 2-3 minutes. Remove and stir in warm water to dissolve caramel. If it sets up, return it to microwave for 10 seconds to melt. Cool. Add beaten egg yolks with a wire whisk.

### **Almond Syrup:**

2/3 cup whipping cream  
2 teaspoons sugar  
1 cup almonds, sliced

Boil cream and sugar together and reduce by half. Remove from heat and stir in almonds.

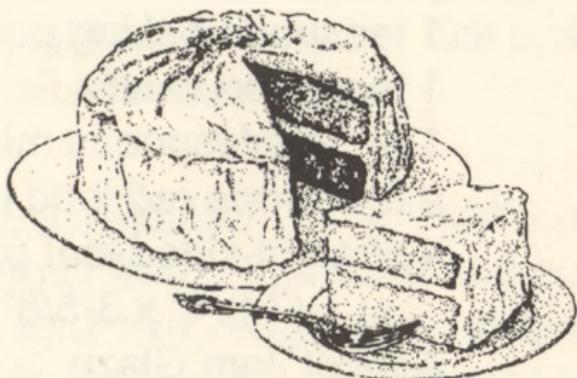
# Shortbread Cookies

1 cup butter  
1/2 cup sugar  
2-1/2 cups flour

Cream butter until light. Add sugar and continue to cream until light and fluffy. Stir in flour. Divide dough in half. Roll onto lightly floured surface 1/4" thick. Cut with cookie cutter or cut into strips 2" wide and cut across to make 2" squares. Crimp the four corners by pressing between thumb and forefinger. Insert a sliver of almond nut in center. Bake on ungreased cookie sheet at 300° for 30 minutes or until done. Do not let them brown. Cool. Makes 3-1/2 dozen.



# Cakes and Trifles



# Battenburg Cake

3/4 cup butter  
3/4 cup sugar  
3 eggs, room temperature  
1-1/2 cups cake flour  
pinch of salt  
1 teaspoon baking powder  
1 teaspoon vanilla  
1 or 2 tablespoons milk  
a few drops red food coloring  
4 straight-sided loaf pans  
(7-3/4" x 3-5/8" x 2-1/4")

Apricot Jam Glaze

16 ounces almond paste

Set oven at 350°. Grease loaf pans and line bottoms with waxed paper. Grease again and flour, shaking out excess. Prepare cake batter as any traditional pound cake recipe.

Divide the batter in half, tinting one half pink. Spread pink batter in two pans and white batter in two pans. Use a heaping 2/3 cup in each pan.

Bake 15 to 20 minutes or until cake tests done. Turn out onto cake rack to cool.

Make Apricot Jam Glaze as follows: In a saucepan bring slowly to a boil 12 ounces apricot jam with the juice of half a lemon and 2 tablespoons water. Stir until smooth. Strain if desired.

Cake assembly: When cake is cold, trim edges from each cake and cut each cake into two lengthwise strips. Brush the sides of the strips of the cake to be joined with the warm Apricot Glaze. Put one pink strip on top of a white strip and vice versa to make a checkerboard rectangle. Press lightly together.

Roll out half of the Almond Paste on a board lightly coated with granulated sugar. Shape it into a rectangle wide enough to cover the length of the cake and long enough to wrap around the cake and overlap slightly.

Brush the top of the cake with Apricot Glaze and place upside down on the center of the almond paste. Brush the sides and base of the cake with glaze. Carefully lift one end of almond paste and press around the cake leaving the ends open. Repeat with the other side forming a seam on the top. Turn the cake over and trim the ends to expose the checkerboard effect. Scallop the top long edges of almond paste with your fingers and lightly score the top in a lattice pattern with a table knife. Repeat the assembly process for the second cake.

This cake is better if wrapped in plastic wrap and allowed to mellow several days. Slice thinly to serve.

## Cherry Cake

1-1/2 cups dried sour cherries  
2 cups flour  
2/3 cup butter  
1-1/2 cups sugar  
3 eggs  
1 teaspoon vanilla extract  
2/3 cup commercial sour cream  
Confectioner's sugar for sprinkling

Grease 8 inch springform pan, sprinkle it with granulated sugar then with flour, discarding the excess. Set the oven at 300°. Rinse the cherries in boiling water and dry thoroughly on paper towels.

Toss cherries with a little of the flour until well coated. Sift the remaining flour onto a piece of waxed paper. Cream the butter, beat in sugar and continue beating until mixture is soft and light. Beat in eggs, one at a time, being sure to blend thoroughly after each addition. Stir in vanilla. Add flour alternately with sour cream, folding it into the mixture with a

metal spoon. Add the cherries with the last part of the flour.

When the batter is smooth, spoon it into the prepared pan and bake 1-3/4 to 2 hours or until a skewer inserted in the center comes out clean. Cool in pan for 10 minutes before turning cake out on wire rack. Sprinkle generously with confectioner's sugar before serving.

## Chocolate Pound Cake

1 cup butter  
1/2 cup shortening  
3 cups sugar  
6 small or 5 large eggs  
3 cups flour  
1 cup Hershey's cocoa  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 teaspoons vanilla  
1/2 cup milk

Cream shortening, butter and sugar until light in color. Add eggs one at a time, beating one minute after each addition. Add dry ingredients and milk alternately starting and ending with dry ingredients. Stir in vanilla. Pour into 3 well-greased Turks Head (Gugelhupf) pans or 2 loaf pans. Bake at 350° for 45 minutes. Dust cake with powdered sugar and attach chocolate leaves just prior to serving.

# Dundee Cake

1/2 pound plus 1 tablespoon butter,  
softened

2-1/2 cups plus 1 tablespoons flour

1 cup sugar

5 eggs

3/4 cup dried currants

3/4 cup seedless raisins

3/4 cup mixed candied fruit peel,  
coarsely chopped

8 candied cherries, cut in half

1/2 cup almonds,  
pulverized in blender

2 tablespoons orange peel,  
finely grated

pinch of salt

1 teaspoon baking soda,  
dissolved in 1 teaspoon milk

1/3 cup blanched almonds,  
split in half lengthwise

Preheat oven to 300°. Using a pastry brush, coat bottom and sides of 3 small loaf pans (7-3/4" x 3-1/2" x 2"). Sprinkle with flour., tipping the pan to spread the flour evenly. Invert the pan and rap it sharply to remove the excess flour.

In a large mixing bowl, cream the remaining 1/2 pound of butter and the sugar together by mashing and beating them against the sides of the bowl with a spoon until they are light and fluffy. Beat in one egg, then 1/2 cup flour alternately until all the eggs and the 2-1/2 cups of flour have been added. Beat in the currants, raisins, candied peel, and salt, and continue beating until well combined. Stir in the dissolved soda. Pour the batter into the pans and arrange the almonds on the top. Bake in the middle of the oven for 1-1/2 hours or until cake tester comes out clean. Cool on rack.

## Madeira Cake

1/2 pound plus 1 tablespoon butter,  
softened  
2 cups plus 2 tablespoons flour,  
sifted  
1 cup plus 2 tablespoons sugar  
5 eggs  
1 teaspoon grated lemon peel  
1/2 teaspoon baking powder  
1 tablespoon candied fruit peel,  
mixed

Using a pastry brush, coat bottom and sides of a 9"x5"x3" loaf pan with 1 tablespoon of butter. Sprinkle the pan with 2 tablespoon of flour, tipping it from side to side to coat evenly. Then invert the pan and rap it on a table to remove any excess. Set aside.

In a large bowl, cream the remaining 1/2 pound of butter and 1 cup sugar together by mashing and beating them against the sides of the bowl with a large spoon until light and fluffy. Beat in the eggs, add the lemon peel, and continue beating until smooth. Combine 2 cups flour with the baking powder and sift them into the egg and sugar mixture, 1/2 cup at a time, beating well after each addition.

Pour the batter into the prepared pan, smooth the top with a spatula, and bake at 350° oven for 30 minutes. Sprinkle the candied peel evenly over the cake and dust with 2 tablespoons of sugar. Return pan to oven for 30 minutes longer, or until a cake tester inserted in the middle comes out clean.

Let cake cool for 5 minutes before removing it from the pan to cool completely on a cake rack.

## Orange Butterfly Cakes

4 ounces butter, softened  
1/2 cup superfine sugar  
2 large eggs  
Grated peel of one orange  
3/4 cup self-rising flour  
pinch of salt  
1 tablespoon milk

In a small bowl, beat butter until soft. Add sugar, eggs and orange peel. Sift flour and salt together. Add to butter mixture with milk. Line mini-muffin pan with paper liners and fill 3/4 full. With spoon, move batter from center to edges (leaving a small hollow). Bake at 375° for 12 minutes.

**Icing:** Beat 3 ounces of soft margarine with 1 cup powdered sugar and 1 tablespoon orange juice until smooth. When cakes are cool, slice off the top half. Pipe icing on the cake. Cut the top in two. Replace the top to form butterfly wings.

## Queen's Cake

This is the only cake Queen Elizabeth II makes. Please honor her request that the recipe not be given away but sold only for Church and Charitable purposes as in the manner you received it.

Pour one cup of boiling water over one cup of chopped dates and one teaspoon of baking soda. Let this stand while the following is mixed in the usual manner.

- 1 cup sugar
- 1/4 cup butter
- 1 egg, beaten
- 1 teaspoon vanilla
- 1-1/3 cups flour, sifted
- 1/3 teaspoon salt
- 1/3 cup black walnuts, chopped
- 1 teaspoon baking powder

Add these ingredients to the date mixture and pour into a greased 9"x13" pan. Bake for 30 minutes at 350°. Frost cake and

return to oven and broil until brown. Watch carefully! It only takes a few minutes!

### Frosting:

5 tablespoons brown sugar

5 tablespoons heavy cream

2 tablespoons butter

*Boil 3 minutes*

*Stir in:*

1/2 cup coconut

1/2 cup nuts, chopped

## Raspberry Trifle

3 eggs

3/4 cup sugar

1 teaspoon baking powder

3/4 cup flour

1 jar Raspberry Jam

1 can red raspberries

2 tablespoons sherry

1 package Royal French Pudding  
or Bird's Dessert Powder

Make a sponge cake: Beat the eggs and sugar until creamy and white in color. Fold in the flour and baking powder. Put in a greased 8"x8" tin and bake at 350° approximately 30 minutes.

Split the cake and spread with raspberry jam. Break apart and put into a Trifle bowl. Drain the can of red raspberries and combine with 2 ounces of reserved raspberry juice and the sherry. Spread the mixture over the cake. Let it sit overnight.

When ready to serve, prepare the pudding mix. When this custard is cool, spread it over the cake. Whip 1/2 pint of whipping cream and spread it over the custard. Grate 1 square sweet chocolate and sprinkle on the Trifle.

## Seed Cake

3/4 cup butter, softened  
2 cups confectioners' sugar, sifted  
1/2 teaspoon vanilla extract  
3 eggs  
1 3/4 cup all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/8 teaspoon mace  
6 tablespoons milk  
2 teaspoons caraway seed  
1 teaspoon lemon peel

Preheat oven to 325°. Grease a 6 cup Kugelhopf pan or 8"x4"x2-1/2" loaf pan. In large mixer bowl, cream butter with sugar until light and fluffy. Beat in vanilla. Add eggs one at a time, beating well after each. Beat 5 minutes or until very pale. In bowl, combine flour, baking powder, salt and mace. Beat into butter mixture alternately with milk at low speed. Stir in caraway seed and lemon peel.

Spoon into pan. Bake 1 hour and 10 minutes or until toothpick inserted in center comes out clean. Cool in pan on rack 30 minutes. Remove from pan and cool completely. Wrap tightly in plastic wrap and let stand at least 24 hours. This cake may be made ahead. Wrap and freeze up to 1 month. Thaw wrapped. Cut into 1/2" slices to serve.

## **Victoria Sponge Cake**

1-1/2 cups self-rising flour

Grated peel of 1-1/2 lemons

3/4 cup butter or margarine,  
softened

3/4 cup granulated sugar

3 eggs

1/3 cup or so, strawberry jam

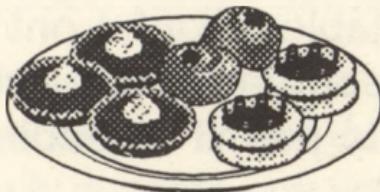
Powdered sugar

Preheat oven to 350°. Grease and lightly flour two 8" cake pans. Set aside.

Grate lemon peel. Sift flour into a small bowl; stir in lemon peel. Set aside. In a large bowl, cream butter and granulated sugar until light and fluffy. Beat in eggs, one at a time, blending thoroughly after each. Fold in flour mixture. Divide batter into the two 8" pans, spreading evenly. Bake for 25 minutes or until cake springs back after being touched. Cool for a few minutes, then turn out onto wire racks. When completely cool, trim rounded part of one layer. Sandwich together with jam with rounded layer on top. Place a doily on top of the cake and sift powdered sugar on it for a pretty pattern. Carefully remove doily. Cut 12-16 slices with a very sharp knife. Best to make several days in advance.



# Cream Puffs, Tarts and Meringues



## **Cream Puff Shells**

1 cup water  
1/2 cup butter  
1/4 teaspoon salt  
1 cup all-purpose flour, sifted  
4 eggs

Preheat oven to 450°. Combine water, butter and salt and bring to a boil. Remove from the heat and add the flour all at once. Stir vigorously until the mixture leaves the sides of the pan and forms a ball around the spoon. If a ball does not

form almost immediately, hold the saucepan over low heat and beat briskly a few seconds. Cool slightly.

Add the eggs, one at a time, and beat until the mixture is smooth and glossy after each addition. Drop the mixture by rounded tablespoonful onto a greased baking sheet, leaving two inches between the puffs to permit spreading. Bake 15 minutes.

Reduce the oven temperature to moderate (350°) and bake until no bubbles of fat remain on the surface and the sides of the puffs feel rigid, about thirty minutes longer. Cool.

Cut a cap off each puff and fill with sweetened whipped cream or pastry cream. Replace the cap. [The puff mixture may also be shaped into "fingers" with a spoon or pastry tube to make eclairs. Baking time will have to be adjusted, depending upon the size of the fingers.]

## Pastry Cream

1/3 cup sugar  
3-1/2 tablespoons cornstarch or  
6 tablespoons flour  
6 egg yolks, lightly beaten  
2 cups milk  
1 teaspoon vanilla extract

Mix sugar, cornstarch and egg yolks in a saucepan. Scald the milk and pour it gradually over the egg yolk mixture, stirring rapidly with a wire whisk. Cook over low heat or in the top of a double boiler, stirring rapidly with the whisk, until mixture is thickened and smooth. Do not allow the pastry cream to boil. Cool and stir in the vanilla.

## Basic Dough for Tart Shells

1 cup all-purpose flour  
1/4 cup granulated sugar  
pinch of salt  
1/4 pound butter, softened  
1 egg yolk  
1/2 teaspoon almond extract

Sift flour, sugar, and salt into mixing bowl. Add rest of ingredients. With hands, work all together, mixing well. Turn dough onto a lightly floured board and gently work a few seconds until dough is formed. Chill dough for easier handling. Pinch off pieces of dough the size of a large hazelnut and place in an Ebba shell. With your thumbs, even out and press dough on bottom and sides of the form. Be careful not to let the dough extend above the edge of the form, as edges might break when shell is removed from the form.

An easy way to eliminate this is to press finished form against palm of the hand before baking. Bake at 400° for 10 minutes or until golden in color. When removing shells, cup hand, turn form over and tap bottom. Be sure to remove shells while they are still warm. Fill with Strawberry Filling, Lemon Curd or Apricot Filling. This recipe makes 30 tart shells.

## Strawberry Filling for Tarts

2 quarts strawberries  
2 packages Danish junket dessert  
made as pie filling  
(1-3/4 cup water)  
1 large Cool Whip

Mix chopped strawberries into dessert mix. Fill tart shells. Top with a dollop of Cool Whip.

## Mrs. Wintle's Lemon Curd

Grated peel of 2 lemons  
or 4 teaspoons  
Juice of 2 lemons or 1/2 cup  
2 cups sugar  
2 cup butter  
4 eggs, well-beaten

Combine rind, juice and sugar in top of double boiler. Add butter. Beat over boiling water stirring occasionally until butter melts. Stir in eggs and continue cooking until mixture thickens enough to pile slightly or about 15 minutes. Cool thoroughly. Fill tarts. This will keep for several weeks in the refrigerator. It is also good for cake filling or for jelly rolls.

## Apricot Filling for Tarts

1 package dried apricots  
1 jar Apricot Jam

Cook apricots in small amount of water until softened. Drain, then mix cooked apricots with the jar of apricot jam. Fill the tart shells and garnish with a dollop of Cool Whip.

## Royal Delights

6 1-oz squares semi-sweet chocolate  
2 tablespoons butter  
24 mini-muffin paper liners  
mini-muffin pans

Heat chocolate and butter over boiling water until almost melted. Remove from heat and stir until completely melted. Using a teaspoon, swirl the mixture around the inside of the paper liners until

completely coated with an adequate layer. Place liners in pans and chill until firm. Peel off paper and fill with **Queen's Preference** or your favorite mousse. Chill before serving. Or, fill and freeze several weeks in advance. Thaw in refrigerator.

## **Queen's Preference**

10 oz mini marshmallows  
1 cup very strong coffee  
1 tablespoon Creme de Cacao  
1 tablespoon white rum or vanilla  
1 cup heavy cream, whipped  
pistachio nuts, chopped

Combine marshmallows and coffee in heavy saucepan over low heat and stir constantly until melted. Add creme de cacao and rum (vanilla). Chill until syrupy. Fold in whipped cream and spoon into **Royal Delight** cups. Chill several hours in pans. Garnish with pistachios.

## Princess Petites

4 tablespoons butter  
3 tablespoons plus  
1 teaspoon sugar  
2 tablespoons light corn syrup  
2 teaspoons lemon zest  
1/2 cup flour

(You will need a rounded object to shape rounds into muffin tins and a sharp metal spatula to remove rounds from cookie sheets.)

Preheat oven to 375° . In a small saucepan over low heat, melt butter, sugar, syrup and zest. Stir in flour and set aside to cool. Meanwhile, line up cookie sheets with buttered parchment (or butcher) paper and spray small muffin tins with cooking spray.

When dough is cool enough to handle, measure out one teaspoon into your hand and shape into a small ball. Place the ball on buttered parchment.

Continue shaping dough, placing 10-12 balls, 3-4" apart. The balls will be flat but if any become misshapen, remold again.

Teflon pans: bake 6 minutes

Air-cushioned pans: bake 7-8 minutes  
(Best to watch during last minute)

Using sharp metal spatula, remove lightly browned circles and place into small muffin pan, guiding and shaping with your round wooden object. (This process must be done somewhat quickly or the cookies will cool and remain flat on the sheet.) When cool, store in open container for up to a week (as long as it is not too humid). Repeat until mixture is used up. Makes about 28 cups.

Fill these delicate cups by spooning in our **Vanilla Custard** or by piping your favorite filling in. You can make a thickened pudding by using a little less milk and flavor it with a liqueur.

## Vanilla Custard

8 oz fat-free sour cream  
8 oz fat-free vanilla yogurt  
8 oz crushed pineapple, drained  
1 pkg instant French vanilla  
pudding  
1 cup lite Cool Whip

Mix sour cream, yogurt and pineapple. Add pudding mix, stirring until completely mixed in. Add Cool Whip and mix. Just before serving, put in **Princess Petite** cups. Decorate with a dollop of Cool Whip through a piping bag or dust with crushed cookies.

# Meringues

3 egg whites  
1 teaspoon vanilla  
1/4 teaspoon cream of tartar  
dash of salt  
1 cup sugar (extra fine is good but  
granulated is O.K. too)

Eggs should be at room temperature. Beat the 3 egg whites until dry and frothy. Add dry ingredients gradually, beating constantly until stiff. Add vanilla. Eggs should stand in peaks, completely firm.

Put mixture in decorating tube. On brown paper or parchment, draw 1-1/2" circles as patterns for the shells. Pipe a disk 1-1/2" in diameter. Pipe sides, building to 1" high. Bake on paper on a cookie sheet at 250° for an hour. Cool for an hour and remove from cooking sheet. Make one recipe at a time.

Fill cool meringues with filling and chill before serving.

## Raspberry Creme Filling

1 pint heavy cream, whipped  
1 package frozen raspberries,  
thawed

Drain the raspberries. Fold them into the cream which has been whipped.

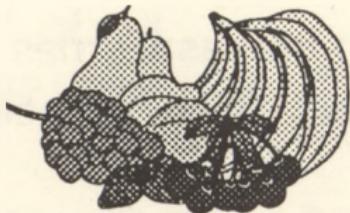
## Lime Custard Filling

4 egg yolks, beaten  
1/4 cup lime juice  
1/2 cup sugar  
Few drops green food coloring  
Pinch of salt  
2 cups heavy cream, whipped

Cook egg yolks, lime juice, and sugar in a double boiler stirring constantly until thick. Add a few drops of food coloring. Cool and fold in the whipped cream.



# Marzipan



## **Marzipan**

8 ounces Marzipan

8 ounces powdered sugar

1/6 cup light corn syrup

Process in food processor until smooth and not grainy. Knead in paste food coloring for the fruit of your choice. Add desired flavoring, such as Cherry Grand Marnier, orange liqueur, rose water, orange water or other flavoring of your choice. Hand shape into fruits such as lemons, limes, oranges or pears. Fruit may be painted with cocoa powder or other powdered colors to resemble fruits.

# 1998 Menu

Tea  
with your choice of  
Sugar Cubes  
Milk  
Lemon Slices

Scones with Strawberry Almond Butter  
Scones with Currants & Orange Marmalade  
Cheese Straws  
Sandwiches  
(Cucumber, Watercress and Salmon)

Battenburg Cake  
Raspberry Trifle  
Queen's Cake  
Mrs. Wintle's Lemon Curd Tarts  
Marzipan Fruit  
Chocolate Dipped Strawberries  
Chocolate Dipped Dried Apricots  
Coventry Charms  
Royal Delights  
Princess Petites  
St. John's Truffles

**For more information regarding this  
book or to buy more copies, contact:**

**St. John's By The Campus  
2338 Lincoln Way  
Ames, IA 50014  
(515) 292-6655**