Tea And Scones

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- Sub Category Name
  Combo
  Desserts

- Recipe Source Name
  The Chefs and the Tea Maker - 2014

Used Teas

Gourmet English Breakfast

Ingredients

TEA AND SCONES
Tea Scones

- 325g self-raising flour
- 125ml cream
- 200ml milk
- 120g cold butter
- 35g Dilmah Single Region English Breakfast tea
- Pinch of salt

Custard

- 600ml cream
- 8 eggs
- 220g sugar

Whipped Cream

- 240ml fresh cream
- 35g sugar

Tea meringue

- 400g Dilmah Single Region English Breakfast tea
- 500ml water
- 500g sugar
- 2 egg whites
- 85g sugar
- 20g corn flour

Strawberry meringue

- 4 punnets of strawberries
- 300g castor sugar
- 1 lemon
- 2 egg whites
- 85g sugar
- 20g cornflour

Methods and Directions

TEA AND SCONES
Tea scones

- Cold infuse tea into cream for a couple of hours.
- Sift flour and salt together and then rub in the cold butter.

- Add cream and enough milk to form a firm dough.
- Roll out and bake at 220 °C for 8-10 minutes.
- When cool, crumble into large chunks and fry in whole butter until they become crunchy.
- Strain and set aside.

Custard

- Combine egg, sugar and cream.
- Place into a shallow dish lined with greaseproof paper.
- Bake at 110°C until set and then allow to cool completely.

Whipped cream

- Place cream and sugar together in a clean bowl and whisk until it has become thick.

Strawberry Meringue

- Hull strawberries, dust with castor sugar and a touch of lemon juice and leave for 24 hours.
- Place strawberries in a stainless steel bowl, cover with cling film and cook over boiling water for about 2 hours.
- Strain off the strawberry solids and reserve until later on.
- Reduce the syrup over a high heat until it becomes slightly thick, allow to cool.
- Whip your eggs whites until they are firm peak, gradually add in the sugar and whisk until a firm meringue.
- Carefully drizzle in your strawberry syrup and add the cornflour.
- Place meringue mixture into a piping bag with a very fine nozzle, place a piece of grease-proof paper on a tray and pipe out tinny little callets.
- Place this into either a dehydrator or a very cool oven and to dry out completely.

Tea Meringue

- Boil sugar and water, then add the tea and allow to infuse.
- Strain off the tea and reduce until you have a strong sweet tea syrup.
- Allow to cool.
- Prepare tea meringue in the same manner as the strawberry meringue but using your tea syrup.
- Pipe tiny pallets onto grease-proof paper and dehydrate.

Strawberry Jam

- Take the reserved strawberry solids and cook until slightly thick.
- To assemble your dessert, place a scoop of custard and a spoonful of cream, then add a spoonful of the strawberry jam and finally a generous mound of the tea scone crumbs and both of your meringue.
- Garnish with just a touch of fresh mint.

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