

## WHAT IS IT?

Afternoon Tea is a late afternoon meal composed of sandwiches (usually cut delicately into 'fingers'), scones with clotted cream and

jam, sweet pastries and cakes. .

### **BUBBLES FO** GROWNUPS

'Sparkling' Afternoon Tea includes Champagne or Prosecco.

### **CREAM OF THE POT**

Cream Tea is generally scones, clotted cream and preserves served with a pot of tea.



### WHAT'S YOUR **FLAVOUR?**

Choose from 100s of different Tea flavours, These are the most popular:



Assam A strong fullbodied tea from India, which has a distinctive, 'malty'



flavour.

Lapsang Souchong

A Chinese tea fired over smoking pine needles, which produces a striking smoky odour and flavour.



#### Darjeeling

An aromatic and astringent tea from India, with a hint of almonds and wildflowers.



#### **Earl Grey**

A blend of black teas scented with oil of bergamot named after Charles, 2nd Earl Grey, who was Prime **Minister from** 1830 to 1834.

Have a listen to our Afternoon Tea Spotify Playlist by scanning this code on your Spotify app:



# **THE SPREAD**

A basic Afternoon Tea includes the following:



SWEET TREATS



SCONES, JAM & CREAM There are several



ways to serve scones, but the most raspberry jam and clotted cream.

balance between decadent and

#### SMOKED SALMON WITH CREAM CHEESE SANDWICHES

Quick, elegant

#### HAM AND **MUSTARD SANDWICHES**

Classic sandwich, packed with a punch!

#### CORONATION CHICKEN **SANDWICHES**

Both fit for a Queen and a simple meal Afternoon Tea.

### **EGG AND CRESS SANDWICHES**

**°**°°

စ္စဝ

<u>A</u>

This classic British consisting of bread slices filled with mayonnaise, chopped and mashed hard-boiled eggs, and garden cress.

## $\mathbf{08}$

TEA Of course, the star of this show!

# SPILLING THE TEA **ON THE** HISTORY.

### THE ORIGIN

Afternoon tea has a long history in England. It all began in the 1800s when Anna, the 7th Duchess of Bedford, a prominent member of London

HIGH TEA

society at the time and a close friend of Queen Victoria, complained of "getting that sinking feeling" in the late afternoon.

### VICTORIANS HAD 2 TEAS...

A 'low tea' and a 'high tea' – the 'low tea' taken on low tables and chairs by the upper classes and the 'high tea' taken around high tables by the working class at the end of the day.





"People often think proper tea drinking means sticking your pinky out. That's actually rude and connotes elitism. It comes from the fact that cultured people would eat their tea goodies with three fingers and commoners would hold the treats with all five fingers. Thus was born the misguided belief that one should raise their pinky finger to show they were cultured. Tuck that pinky finger in."

- Arden Clise, Etiquette Expert



TEA PAIRING MENU

#### **PASTA AND BREAD**

INDIAN BLACK TEA, SRI LANKAN BLACK TEA, OOLONG TEA, GREEN TEA

PASTRIES INDIAN BLACK TEA, YELLOW TEA

**SMOKED FLAVOURS** INDIAN BLACK TEA, OOLONG TEA

**SPICY FOOD** CHINESE GREEN TEA, JASMINE GREEN TEA, OOLONG TEA

#### WHITE MEAT

CHINESE GREEN TEA, WHITE TEA, YELLOW TEA, INDIAN BLACK TEA

#### **RED MEAT**

SMOKED TEA (LAPSANG SOUCHONG, RUSSIAN CARAVAN), CHINESE BLACK TEA, INDIAN BLACK TEA

> SHELLFISH CHINESE GREEN TEA

FISH CHINESE GREEN TEA, WHITE TEA, FRESH FRUITS

CHINESE GREEN TEA, OOLONG TEA, INDIAN BLACK TEA

#### **FRESH CHEESES**

CHINESE GREEN TEA, JASMINE PEARL TEA, FLOWER SCENTED TEAS

**BLUE CHEESES** JASMINE GREEN TEA, WHITE TEA, CHINESE BLACK TEA

> **MATURE CHEESES** SMOKED TEA

**VEGETABLES** 

OOLONG TEA, CHINESE GREEN TEA

**MUSHROOMS** PU'ERH TEA, INDIAN BLACK TEA, SRI LANKA BLACK TEA

> NUTS YELLOW TEA

LAPSANG SOUCHONG TEA

EGGS PU'ERH TEA, LAPSANG SOUCHONG TEA

LIGHTLY SALTED FOOD CHINESE GREEN TEA, OOLONG TEA, INDIAN BLACK TEA

DARK CHOCOLATE INDIAN BLACK TEA, PU'ERH TEA

> **MILK CHOCOLATE OOLONG TEA**

WHITE CHOCOLATE **OOLONG TEA** 

## THE U.K. TO A TEA... THE RESULTS ARE IN.

#### THE TOP 10 BEST RATED AFTERNOON TEAS IN LONDON



The Ritz Restaurant

the pandemic

**Boulevard Brasserie** Lady Dinah's Cat Emporium The Restaurant at Sanderson 2,500 5,000 0

7,500

5,000



#### THE TOP 10 BEST RATED AFTERNOON TEAS OUTSIDE LONDON





#### THE 20 BEST CITIES TO FIND GREAT BRITISH TEA



tea in 2021. (That's 604 cups!)

## **GAME OF SCONES THE BATTLE**



In Cornwall, the scone is sliced in half and the jam is spooned onto each half, followed by a dollop of cream. This is said to protect the hot scone from melting the cream.

The Queen reportedly prefers jam first...

WHAT DID YOU SAY? It seems the majority of British people, 🗲 choose to say scone as is in 'gone',

While will say scone as in 'bone'.

In Devon, the scone is sliced in half and the clotted cream is spread on first, like butter, and a dollop of jam tops it off. Devon's approach is more typical of a sandwich.

> Cornwall feel so strongly against this they even have a Twitter hashtag:

> > #creamisnotbutter







#### cream first

Scientist, Dr. Farrimond's research shows the optimal ratio of scone, cream and jam is: \*Based off a 40g scone.

(This ratio allows the richness of the cream to dilute the sweetness of the jam)

#### This achieves what he said was: THE OPTIMAL SWEETNESS FOR **APPRECIATING THE FLAVOURS.**

otherwise known as the hedonic breakpoint.

### 

tasting panel.



Scientist, Dr Cheng, came up with an equation that took into consideration the radius of scone and even depth of the dollop of topping. She supported the Cornish style cream tea, concluding that the jam, "due to its density", needs to be spread prior to the application of the clotted cream, as the opposite approach may cause the jam to run off.

\*Based off an 80g scone.

the **scone**, as the

cream may cause the jam to run off creating sticky fingers.

Clotted cream is better than whipped to the excessive volume size of whipped cream

jam first



Jam 30 g

The part of tea that we are mostly ELL interested in is the soluble part, which SCIEVICE contains all those health benefits we like so much and defines the way tea BEHIND will taste. It consists largely of polyphenols (commonly known as catechins or - イナリヨ・イヨナ tannin), plus amino acids (theanine), Fresh Cut Green Teales in gre caffeine and minerals. **Catechins are a type of antioxidants** and can make up about 30% of the dry weight tea. **Catechin content is higher** in green and white tea, because black tea undergoes the oxidation process, which reduces catechin content. **Caffeine makes up about 3% Non Soluble** in Water of dry weight tea. Soluble in Oil The Polyphenols create: Non Soluble **Astringency and Bitterness** in Oil

> The Amino Acids create: **Sweetness and Flavour**

**The Caffeine creates: Bitterness and Briskness** 

**80% OF CAFFEINE IN TEA IS RELEASED DURING THE FIRST 30 SECONDS OF STEEPING. IF YOU** WANT TO GET RID OF THE CAFFEINE IN TEA YOU CAN STEEP THE TEA FOR **30 SECONDS, POUR OUT THE INFUSED WATER, POUR IN NEW** WATER AND CONTINUE STEEPING THE SAME TEA FOR THE **RECOMMENDED AMOUNT** OF TIME.



Soluble

in Wate

# INTERNATIONAL TEAS







brought to you by:

Wonder Days

### WONDERDAYS.CO.UK

#### SOURCES:

Most Expensive Teas, https://www.businesstoday.in/in-the-news/photo/here-are-the-worlds-10-most-expensive-tea-brands-5412-2017-03-15
2020, Tea Market Stats, https://www.bevindustry.com/articles/93236-state-of-the-beverage-industry-tea-market-sales-relatively-flat
Worldwide Tea Market, https://www.statista.com/topics/6922/tea-market-worldwide/
Industry Revenue of Coffee and Tea Making, https://www.statista.com/forecasts/310800/coffee-and-tea-manufacturing-revenue-in-the-us
Worldwide Tea Importing, https://www.statista.com/statistics/258620/main-import-countries-for-tea-worldwide/
Tea Market Revenue Worldwide, https://www.statista.com/forecasts/758656/revenue-of-the-tea-market-worldwide-by-country
Global Exports of Tea, https://www.statista.com/statistics/264183/global-production-and-exports-of-tea-since-2004/
COVID-19 Impact on Tea Industry, https://www.worldteanews.com/Features/how-has-covid-19-impacted-tea-production
Worldwide Tea Culture, https://www.thrillist.com/drink/nation/tea-culture-in-america
Tea Chemistry, http://www.steepers.net/chemical-composition-of-tea.html
UK Tea Consumption, https://www.thegrocer.co.uk/trend-reports/10-charts-explaining-uk-attitudes-to-hot-beverages/597574.article
UK Tea Market Sales + Predictions, 2012 - 2025, https://www.statista.com/forecasts/1270664/volume-tea-the-united-kingdom
Afternoon Tea Popularity Increase, https://www.cateringtoday.co.uk/comment/features/the-growing-popularity-of-afternoon-tea/
General Info, https://afternoontea.co.uk/

For the full list of sources please visit: wonderdays.co.uk