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# High Tea



## Synopsis

High Tea is quite simply a ritual of pleasure and elementary decadence. Delicious and fun, it is an afternoon treat that satisfies the most basic desires of the palate whilst providing the perfect excuse for a gathering of friends and family. High Tea is an indulgent delight, filled with delicious and easy to make recipes, including classics like scones, pastries and finger sandwiches. The vast selection of high tea treats, of both the savory and sweet variation, is perfect for all occasions. (Jill Jones - Evans & Joe Gambacorta)

## Book Information

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## Customer Reviews

Jill Jones-Evans is the owner and proprietor of The Victoria Room. An ultra-smooth dining establishment, richly decorated in British Raj style, this exotic dining room and ward-winning cocktail bar is visited by the young, trendy, fun and young at heart. High Tea at The Victoria Room became increasingly popular and the concept of "High Tea" has since become "the" new style of dining and a widely popular way to celebrate events Australia-wide. From it-girl gatherings and generational get-togethers to hen's days and birthdays, ladies of all ages (and many a fine gentleman, too) have enjoyed the company of dear friends over this wonderful revival of British tradition. Joe Gambacorta is Head Chef of The Victoria Room. His eclectic menus bring together traditional food with a touch of elegance in dishes that complement the decor and style of The Victoria Room. Joe had his beginnings as a young boy in mama's kitchen where he assisted with the preparation of the weekly Sunday lunch. This passion developed over the years and before

I just refuse to buy this book when the authors are so stupid they don't even know the difference between "high tea" (peasant's supper, often of leftovers), and "low tea"/"afternoon tea" (finger sandwiches and dainty little pastries that they THINK is called "high tea"). They should know better, and even if it's wrong but accepted in Australia where they're from, they should be doing their part to re-educate, not confuse. They have no respect for history and aren't getting a dime from me.

Afternoon Tea

Excerpted from *The Oxford Companion to Food* by Alan Davidson (1999)

One of a pair of key meals (the other being High Tea), both of which are essentially British and which, although alike in having tea as the beverage served, stand in high contrast to other each other in other respects.

Mrs. Beeton (1861) expressed succinctly the material difference when she remarked that "There is a Tea and a High Tea, and the difference is that in the former the tea is the principal part and signifies really, what is a tea-dinner, and in the latter the tea signifies little more than tea and bread-and-butter, and a few elegant trifles in the way of cake and fruit." Although the custom of taking a cup of tea, at least occasionally, at a suitable time in the afternoon may have been adopted by some ladies in the late 17th century, it seems clear that neither afternoon tea nor high tea, the meals, started to become established until late in the 18th or early in the 19th centuries. Since almost all authors rely on the indefatigable Ukers (1935), who had scoured available literary and artistic sources for indications on this point, he must be allowed here to speak for himself: Dr. Alexander Carlyle wrote in his

autobiography of the fashionable mode of living at Harrowgate in 1763 that, "The ladies gave afternoon tea and coffee in their turn." For the custom of afternoon tea as a distinct and definite function, however, the world is indebted to Anna, wife of the seventh Duke of Bedford, 1788-1861. In her day, people ate prodigious breakfasts. Luncheon was a sort of picnic, with no servants in attendance. There was no other meal until 8 o'clock dinner, after which tea was served in the drawing room. The Duchess of Bedford struck out a new line; she had tea and cakes served at 5 o'clock, because, to quote herself, she had "a sinking feeling." Fanny Kemble, the actress, in her *Later Life*, records that she first became acquainted with afternoon tea in 1842 at Belvoir Castle, seat of the Dukes of Rutland. She added that she did not believe the now universally-honored custom dated back any further than this. In the 20th century, afternoon tea has kept to a formula: Tea (in a pot, with milk and sugar, or perhaps lemon if China tea is served); dainty small sandwiches (cucumber, very thinly sliced, is a favored filling); scones with butter and jam (optional); some form of little cakes or slices of a large cake; biscuits (optional); and a serviette or napkin to complete the general dainty picture. The effect is charming and may be achieved by a hostess (or host) with far less expenditure of effort and money than a full meal, or even a high tea, would require. A variant of afternoon tea is the Devon cream tea, which towards the end of the 20th century was advancing relentlessly across all the other counties of England, and indeed appearing in Scotland, Wales, and Ireland, sometimes described as just "cream tea." This calls for scones, clotted cream, and jam.

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