



Etonbury Academy  
Hospitality & Catering  
Coronation Afternoon Tea  
Recipe Booklet





## Cheese Straws

### Ingredients

100g plain flour

Pinch salt

50g butter

50g grated cheese

1 egg

Black pepper



### Method

- Preheat the oven to 180c/gas 4, line a tray with parchment
- Mix the flour and salt
- Rub in the butter and flour together – fine breadcrumbs
- stir in the cheese
- Add the  $\frac{3}{4}$  of the egg to bind the mixture together
- Roll the pastry thinly onto a floured table, cut into strips 1 cm wide and place on the lined baking sheet – you can twist the straws if you wish
- Using the remaining egg brush over the straws and sprinkle with black pepper
- Bake 10-15 mins until golden brown



## Fruit Scones

### Ingredients

225g self raising flour  
Pinch of salt  
55g butter  
25g sultanas  
25g sugar  
150ml milk



### Method

- Preheat the oven to 220c/gas 7, line a baking tray with parchment
- Mix together the flour and salt, rub in the butter – fine crumbs
- Stir in the sultanas, sugar and the milk – make a soft dough
- Turn onto a floured table and bring the mixture together lightly, this does not need to be kneaded, pat to a round shape 2cm thick and use a cutter to stamp out circles, lightly knead together the rest of the dough and stamp out more scones
- Place the scones on the tray and brush with milk. Bake for 15-20 mins until golden – the scones should move when you shake the tray
- serve with jam and clotted cream





## Cheese Scones

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Pinch of salt

55g butter

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- Preheat the oven to 220c/gas 7, line a baking tray with parchment
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- Place the scones on the tray and brush with milk. Bake for 15-20 mins until golden – the scones should move when you shake the tray
- - Vegan or dairy free -
- Use vegan cheese or herbs
- oat milk or water





## Mini Sponge Cakes

### Ingredients

100g margarine

100g caster sugar

2 eggs

100g self-rising flour

### Filling

50g butter

100g icing sugar

50g jam



### Method

- Preheat the oven to 180c/gas 4, line a swiss roll tray
- Cream the margarine and sugar, mix in the eggs and beat in the flour
- Spoon the mixture into the tray
- Bake for 15-20 mins or until the cake has risen and golden
- Cut circles with a pastry cutter
- Make the buttercream by beating the butter and icing sugar until smooth, fill a piping bag with a star tube
- Fill a second bag with jam
- Pipe alternative jam and cream stars around one circle
- Place a second circle on top and dust with icing sugar







## Jam Tarts

### Ingredients

150g plain flour

Pinch salt

75g butter

3 tbs sugar

1 egg yolk

Cold water

Jam

Icing sugar to decorate



### Method

1. Preheat the oven to 190c/gas 5,
2. Mix the flour and salt in a bowl, cut the butter into small cubes and add to the flour
3. Rub in until resembles fine breadcrumbs, add sugar and egg yolk mix until stiff - add a tsp of water if needed
4. Gently bring the pastry together on a floured table, do not over work or the pastry will become hard
5. Roll out 1cm thick and cut rounds with a pastry cutter, put them in the tart tin
6. Put 1 tsp of jam in the cases and using the left over pastry cut small crowns to place in the centre of each tart
7. Bake 20 mins until golden brown





## Bread Rolls

### Ingredients

250g strong flour  
1 tsp or 1 sachet dried yeast  
 $\frac{1}{2}$  tsp salt  
1 tsp sugar  
150 ml water or milk



- Place the flour, salt and yeast into a large bowl, mix with fingers
- Make a well in the centre and pour in the water which should be tepid ie body temperature
- Mix to form a dough. Knead for around 5 mins to stretch the dough
- Divide into 12, shape, and place on the oiled baking tray
- Put the oven on to preheat, 200C stand the baking tray of rolls on top of the oven to prove for as long as possible
- Clear away, wash and dry equipment and put away
- When the rolls have risen, place them in the oven for 15 mins
- Rolls are cooked when they sound hollow when tapping the bottom





## Mini Trifles

- 3 small sponge cake
- 9 tablespoon Strawberry jam
- 6 cups custard
- 600 g fresh strawberries
- Zest of  $\frac{1}{2}$  lemon
- 6 cups whipping cream
- icing sugar - for dusting



1. Cut the cake in half and use the jam to sandwich the slices together.
2. Use a cookie cutter to cut 4 circles out of the cake and place them into 4 glasses. Cut the remaining cake up and fill the gaps
3. Reserve 4 strawberries and then hull the remaining strawberries and cut them into quarters.
4. Divide the cut strawberries amongst the trifles.
5. Sprinkle over the lemon zest over the strawberries.
6. Spoon over the custard.
7. Pour the whipping cream into a bowl and whisk until it forms soft peaks.
8. Spoon this over the custard and garnish with a cut strawberry and a dusting of icing sugar.







### Mini Cheese Flan

- 300g shortcrust pastry
- plain flour, for dusting
- 4 rashers back bacon, fat trimmed, chopped
- oil, for frying
- 100g gruyère cheese, grated
- 2 medium eggs
- 125ml double cream
- 18- 20 mini tartlet tins



1. Roll the pastry out onto a lightly floured work surface until very thin. Cut out circles that are 1cm larger in diameter than the tartlet tins. Line the tins with the pastry circles (you may need to bake these in batches if you do not have enough tins) pressing into the edges and up the sides. Re-roll any pastry offcuts until you've lined all the tins, then chill for 30 mins (if you're baking in batches, chill the off-cuts too).
2. Heat the oven to 200C/180C fan/gas 6. Line each pastry case with a piece of foil and fill with baking beans or uncooked rice. Bake for 10 mins, then lift out the foil and beans and bake for another 5 mins. Meanwhile, fry the bacon in a little oil until crisp.
3. Divide the bacon and half the cheese between the cases. Beat the eggs and cream together, then pour over the bacon and cheese until the cases are almost full. Scatter over the remaining cheese. Bake for 20- 25 mins until golden and puffed up. Leave to cool, then chill before serving. Can be made a day ahead.





## Shortbread

### Ingredients

125g butter  
55g sugar  
180g plain flour



- Hygiene preparations *mise en place*
- Preheat the oven to 190 C
- Cream the butter and sugar together until smooth and fluffy
- Stir in the flour to get a smooth paste, it looks like there is too much flour to start with
- Roll out a circle on a floured work surface, mark into sections and decorate the edges
- Place on baking tray and cook for 15 mins until PALE golden brown
- Biscuits will harden when they cool after cooking





## Shortcrust Pastry

### Ingredients

175g/6oz plain flour  
pinch salt  
85g/3oz butter, cubed  
2– 3 tbsp cold water



### Method

1. Put the flour and salt in a large bowl and add the cubes of butter.
2. Use your fingertips to rub the butter into the flour until you have a mixture that resembles coarse breadcrumbs with no large lumps of butter remaining. Try to work quickly so that it does not become greasy.
3. Using a table knife, stir in just enough of the cold water to bind the dough together. You should always start with 1- 2 tablespoons and add more if absolutely needed (shorter pastry will have a better texture, though can be a bit crumbly to work with).
4. Gently knead the pastry on a clean work surface until it just comes together. Handle the pastry gently and as little as possible, just to bring it together to a smooth dough.
5. Wrap the dough in cling film as before and chill for 30 minutes before using.
6. Alternatively, roll out immediately and line the tin, resting the pastry case in the fridge for 30 minutes before baking.





## Custard

- 8 egg yolks at room temperature
- 8 teaspoon cornstarch cornflour
- 4 tablespoon sugar See notes
- 4 cup milk
- 2 teaspoon vanilla extract



## INSTRUCTIONS

1. Add the egg yolks to a large jug and whisk in the cornflour and sugar.
2. Pour the milk into a small saucepan, add in the vanilla extract and heat until it is warm but not hot. You should be able to put your finger in and hold it there.
3. Remove the milk from the heat and pour it slowly into the egg mixture, stirring whilst you do.
4. Tip the egg and milk mixture back into the saucepan and use a whisk to whisk it constantly whilst you bring it to a boil.
5. Once it reaches boiling, remove from the heat and keep whisking until the custard is thick.

