

Afternoon Tea Recipes Mary Berry



Afternoon tea recipes Mary Berry are a delightful way to indulge in a quintessentially British tradition. Known for her approachable cooking style and expertise in baking, Mary Berry has inspired many home cooks to embrace the art of afternoon tea. This social event, typically enjoyed between 3 PM and 5 PM, is not just about sipping tea; it's about enjoying delicious treats, engaging conversation, and creating cherished memories. In this article, we will explore some of Mary Berry's most loved afternoon tea recipes, including scones, finger sandwiches, and delectable cakes.

Understanding Afternoon Tea

Before diving into the recipes, it's essential to understand what afternoon tea entails. Traditionally, afternoon tea was introduced by Anna Maria Russell, the Duchess of Bedford, in the early 1840s. It was a way to bridge the long gap between lunch and dinner. Over time, it evolved into a more formal gathering, featuring a variety of foods. Here's what you can typically expect:

- **Scones:** Fluffy, buttery, and often served with clotted cream and jam.
- **Finger Sandwiches:** Delicate sandwiches filled with various ingredients, cut into small pieces.
- **Cakes:** A selection of sweet treats, from sponges to rich fruit cakes.
- **Tea:** A variety of teas, including black tea, herbal, and green teas.

Mary Berry's Classic Scones Recipe

Scones are a staple of any afternoon tea, and Mary Berry's scones are particularly famous for their light and fluffy texture. Here's how to make them:

Ingredients

- 225g self-raising flour
- 50g butter, diced
- 25g caster sugar
- 150ml milk
- 1 egg (for glazing)

Instructions

1. Preheat your oven to 220°C (200°C for fan ovens).
2. In a large bowl, mix the self-raising flour and butter until the mixture resembles breadcrumbs.
3. Add the caster sugar and mix well.
4. Make a well in the center and pour in the milk. Mix until a soft dough forms.
5. Turn the dough out onto a floured surface and knead gently. Roll out to about 2.5cm thick.
6. Use a round cutter to cut out scones and place them on a baking tray lined with parchment paper.
7. Brush the tops with beaten egg for a golden finish.
8. Bake in the preheated oven for 10-12 minutes until golden brown.
9. Serve warm with clotted cream and strawberry jam.

Delectable Finger Sandwiches

Finger sandwiches are another essential component of afternoon tea. Mary Berry offers a variety of fillings that cater to different tastes. Here are a few classic options:

Ingredients for Cucumber Sandwiches

- 8 slices of white bread
- 1 medium cucumber, thinly sliced
- Butter, softened
- Salt and pepper to taste

Instructions

1. Spread butter on each slice of bread.
2. Layer cucumber slices on four of the slices, season with salt and pepper.
3. Top with the remaining slices of bread to form sandwiches.
4. Trim the crusts and cut each sandwich into quarters or fingers.

Ingredients for Smoked Salmon Sandwiches

- 8 slices of brown bread
- 150g smoked salmon
- 100g cream cheese
- Fresh dill, for garnish

Instructions

1. Spread cream cheese on each slice of brown bread.
2. Layer smoked salmon on four slices and garnish with fresh dill.
3. Top with the remaining slices of bread, trim the crusts, and cut into fingers.

Mary Berry's Signature Cakes

No afternoon tea is complete without a selection of cakes. Mary Berry's recipes often highlight seasonal ingredients and classic flavors. Here are two popular cake recipes to consider.

Victoria Sponge Cake

Ingredients

- 200g unsalted butter, softened
- 200g caster sugar
- 4 large eggs
- 200g self-raising flour
- 1 tsp baking powder
- 100g strawberry jam
- Icing sugar, for dusting

Instructions

1. Preheat the oven to 180°C (160°C for fan ovens).
2. Grease and line two 20cm round cake tins.
3. In a mixing bowl, cream together the butter and sugar until light and fluffy.
4. Add the eggs one at a time, mixing well after each addition.
5. Fold in the self-raising flour and baking powder until just combined.
6. Divide the mixture evenly between the prepared tins and smooth the tops.
7. Bake for 25-30 minutes until golden and a skewer comes out clean.
8. Allow to cool, then spread jam on one layer and sandwich with the other. Dust with icing sugar before serving.

Lemon Drizzle Cake

Ingredients

- 200g unsalted butter, softened
- 200g caster sugar
- 4 large eggs
- 200g plain flour
- 1 tsp baking powder
- Zest of 1 lemon
- Juice of 1 lemon
- 50g icing sugar (for drizzle)

Instructions

1. Preheat the oven to 180°C (160°C for fan ovens).
2. Grease and line a loaf tin.
3. In a bowl, cream the butter and sugar until pale and fluffy.
4. Add the eggs one at a time, mixing well after each addition.
5. Fold in the flour, baking powder, and lemon zest until combined.
6. Pour the mixture into the prepared tin and bake for 45-50 minutes until a skewer comes out clean.
7. Mix the lemon juice with icing sugar to create a drizzle and pour over the cooled cake.

Conclusion

Afternoon tea is a wonderful tradition that brings people together over delicious food and tea. With Mary Berry's afternoon tea recipes, you can create an inviting and memorable experience right in your own home. From light and fluffy scones to delectable finger sandwiches and cakes, these recipes are sure to impress your guests and make your afternoon tea a delightful occasion. So gather your friends, brew a pot of tea, and enjoy the sweet flavors of Mary Berry's culinary creations!

Frequently Asked Questions

What are some classic afternoon tea recipes by Mary Berry?

Mary Berry's classic afternoon tea recipes include scones with clotted cream and jam, cucumber sandwiches, and a variety of cakes like Victoria sponge and lemon drizzle cake.

How do I make Mary Berry's scones for afternoon tea?

To make Mary Berry's scones, combine 225g self-raising flour, 55g butter, and 25g sugar, then add 150ml milk and mix until a dough forms. Roll out, cut into rounds, and bake at 220°C for 12-15 minutes.

What is the best way to serve Mary Berry's afternoon tea?

Serve Mary Berry's afternoon tea on a tiered stand with freshly baked scones, an assortment of finger sandwiches, and slices of her cakes, accompanied by a pot of tea for a traditional experience.

Are there any gluten-free afternoon tea recipes from Mary Berry?

Yes, Mary Berry offers gluten-free options like her almond cake and gluten-free scones, which use almond flour or a gluten-free flour blend instead of regular flour.

What type of tea does Mary Berry recommend for afternoon tea?

Mary Berry often recommends serving a classic English breakfast tea or Earl Grey, as they complement the sweet and savory elements of afternoon tea beautifully.

Can I find Mary Berry's afternoon tea recipes online?

Yes, many of Mary Berry's afternoon tea recipes can be found on her official website and various cooking blogs that feature her popular recipes.

What are some tips for making perfect sandwiches for afternoon tea?

Mary Berry advises using soft bread, spreading butter to the edges to prevent drying out, and cutting the crusts off for a tidy presentation. Fillings like cucumber, smoked salmon, and egg mayonnaise are ideal.

How can I incorporate seasonal fruits into Mary Berry's afternoon tea recipes?

You can incorporate seasonal fruits by adding them to scones, using them in cakes like berry pavlova, or serving them fresh alongside your afternoon tea for a refreshing touch.

What is the significance of afternoon tea in British culture according to Mary Berry?

Mary Berry highlights that afternoon tea is a cherished British tradition, symbolizing hospitality and creating an opportunity for socializing, enjoying good food, and relaxing in the afternoon.

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