

High Tea Food Ideas Savoury



High tea food ideas savoury are an essential part of creating a delightful and memorable dining experience. Traditionally associated with British culture, high tea is more than just a meal; it represents a social gathering, a chance to unwind, and an opportunity to indulge in various delectable treats. While sweet pastries and desserts often steal the limelight, savoury dishes play a crucial role in balancing the palate and providing a satisfying complement to the overall high tea experience. This article will explore a range of savoury food ideas suitable for high tea, ensuring your event is a culinary success.

Understanding High Tea

High tea originated in the early 19th century as a meal for the working class, providing sustenance after a long day. Over time, it evolved into a more refined affair, often served in the late afternoon or

early evening. Unlike afternoon tea, which focuses on lighter fare and sweet treats, high tea typically includes a broader selection of hearty dishes.

Key Components of Savoury High Tea

A successful savoury high tea spread should include a variety of options to cater to different tastes and dietary preferences. Here are the main components to consider:

1. Finger Sandwiches

Finger sandwiches are a staple of high tea. They are easy to eat and can be made with an array of fillings:

- Cucumber and Cream Cheese: Light and refreshing, this classic combination offers a cool contrast to richer items.
- Smoked Salmon and Dill: This elegant option adds a touch of luxury to your spread.
- Egg Salad with Watercress: Creamy and flavorful, this filling is a crowd-pleaser.
- Roast Beef and Horseradish: For those who enjoy a bit of spice, this hearty sandwich is perfect.
- Chicken Salad with Grapes: The sweetness of grapes balances the savory chicken, creating a delightful flavor profile.

2. Savoury Scones

While sweet scones are often served with jam and cream, savoury scones can elevate your high tea menu. Consider these options:

- Cheddar and Chive Scones: Rich and cheesy, these scones can be served warm and are perfect with a dollop of butter.
- Bacon and Cheese Scones: A decadent treat, these scones are sure to satisfy any meat lover.
- Spinach and Feta Scones: These scones provide a Mediterranean twist, and their flavors blend well together.

3. Quiches and Tarts

Mini quiches and tarts add a touch of sophistication to your high tea. They can be made with various fillings and are easy to handle:

- Lorraine Quiche: A classic option with bacon and cheese, this dish is rich and satisfying.
- Vegetable Quiche: Loaded with seasonal vegetables, this option is perfect for vegetarians.
- Mushroom and Gruyere Tart: Earthy mushrooms combined with the nutty flavor of Gruyere cheese make for an elegant treat.
- Tomato and Basil Tart: Fresh and vibrant, this tart is perfect for a summer high tea.

4. Savoury Pastries

Pastries can add an element of indulgence to your high tea. Here are some ideas:

- Puff Pastry Vol-au-Vents: These can be filled with a variety of fillings, such as chicken, mushroom, or even a creamy seafood mixture.
- Spanakopita: Greek spinach and feta pastries that are flaky and delicious.
- Empanadas: These Latin American pastries can be filled with beef, chicken, or vegetables, making them a flavorful addition.

5. Dips and Spreads

Dips and spreads can accompany bread, crackers, or fresh vegetables, adding variety to your savoury offerings:

- Hummus: A versatile dip that can be flavored with roasted red pepper, garlic, or herbs.
- Guacamole: This creamy avocado dip adds a fresh and zesty note to your spread.
- Tapenade: Made from olives, capers, and anchovies, tapenade can be served with toasted bread.
- Creamy Spinach Dip: Perfect with fresh veggies or crackers, this dip is rich and satisfying.

Tips for Planning Your Savoury High Tea

When planning your high tea, consider the following tips to ensure a seamless experience:

1. Balance Flavors and Textures

Aim for a variety of flavors, from light and refreshing to rich and savory. Incorporating different textures, such as crispy, creamy, and flaky, will keep your guests engaged and satisfied.

2. Consider Dietary Restrictions

Be mindful of your guests' dietary preferences and restrictions. Include vegetarian, vegan, and gluten-free options so that everyone can enjoy the spread.

3. Keep Portions Small

High tea is all about sampling various dishes. Keep portions small to encourage guests to try everything without feeling overwhelmed.

4. Presentation Matters

Arrange your savoury dishes attractively on tiered trays or platters. Use colorful garnishes to add visual appeal, and consider using decorative serving dishes to elevate the experience.

5. Pair with Beverages

While tea is a traditional beverage for high tea, consider offering a selection of other drinks, such as sparkling water, fruit-infused teas, or even champagne for a celebratory touch.

Sample Savoury High Tea Menu

Here's a sample menu to inspire your savoury high tea planning:

- Finger Sandwiches:
 - Cucumber and Cream Cheese
 - Roast Beef and Horseradish
 - Egg Salad with Watercress
- Savoury Scones:
 - Cheddar and Chive
 - Spinach and Feta
- Quiches and Tarts:
 - Lorraine Quiche
 - Vegetable Quiche
 - Tomato and Basil Tart
- Savoury Pastries:
 - Puff Pastry Vol-au-Vents
 - Spanakopita
- Dips and Spreads:
 - Hummus
 - Creamy Spinach Dip
- Beverages:
 - Assorted teas
 - Sparkling water
 - Champagne (optional)

Conclusion

Savoury dishes are a vital component of high tea, providing balance and flavor that complements

sweet treats. From finger sandwiches to elegant pastries, the options are endless, allowing you to curate a menu that reflects your personal style and caters to your guests' tastes. By considering dietary restrictions, focusing on presentation, and balancing flavors, you can create an unforgettable high tea experience that will leave your guests raving. Whether it's a special occasion or a simple gathering, incorporating these savoury food ideas will elevate your high tea to new heights. So, gather your ingredients, set the table, and enjoy the delightful world of savoury high tea!

Frequently Asked Questions

What are some popular savoury finger foods for high tea?

Popular savoury finger foods for high tea include cucumber sandwiches, smoked salmon blinis, mini quiches, and savory scones with cheese.

How can I make a vegetarian option for high tea?

You can create a vegetarian high tea by serving roasted vegetable tartlets, caprese skewers, and mushroom pâté on toasted bread.

What type of cheese works well in high tea sandwiches?

Cream cheese, goat cheese, and cheddar are excellent choices for high tea sandwiches, as they pair well with various toppings and spreads.

Are there any gluten-free savoury options for high tea?

Yes, gluten-free savoury options can include rice cakes topped with avocado and smoked salmon, gluten-free quiche, and vegetable crudités with hummus.

What dips can I serve at high tea to accompany savoury snacks?

Great dips for high tea include tzatziki, spinach and artichoke dip, and a classic hummus, which pair well with bread, crackers, and vegetables.

How can I incorporate international flavours into my high tea?

Incorporate international flavours with items like Spanakopita (Greek spinach pie), sushi rolls, or Indian samosas, which provide a unique twist on the traditional menu.

What are some easy-to-make savoury pastries for high tea?

Easy-to-make savoury pastries include puff pastry twists with cheese and herbs, mini sausage rolls, and empanadas filled with spinach or meat.

Can I include hot savoury dishes in my high tea spread?

Yes, you can include hot savoury dishes like mini meatballs, chicken skewers, or baked brie with herbs, which add warmth and heartiness to your high tea.

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