

High Tea Recipes Donna Hay



High tea recipes Donna Hay are a delightful way to elevate your afternoon gatherings, bringing elegance and flavor to your table. Known for her modern take on classic Australian cuisine, Donna Hay's recipes combine simplicity with sophistication, making them perfect for hosting a high tea. Whether you're planning a special event or simply want to indulge in a refined afternoon tea experience, her recipes offer a range of delectable treats that are sure to impress.

Why Choose High Tea?

High tea is more than just a meal; it's an experience that promotes relaxation and socialization. Originating in the 19th century, high tea was initially a meal for the working class, but it has since evolved into a genteel social affair. Here are some reasons to host your own high tea:

- **Social Interaction:** High tea encourages conversation and the enjoyment of company.
- **Variety of Flavors:** With a range of sweet and savory dishes, there's something for everyone.
- **Elegant Presentation:** The art of serving high tea allows for beautiful table settings and decorations.
- **Customizable:** You can tailor the menu to suit your preferences and dietary requirements.

Essential Components of a High Tea Menu

A well-rounded high tea menu typically includes a variety of components. Here's what to consider including:

1. Tea Selections

The centerpiece of any high tea is the tea itself. Choose a selection that may include:

- **Black Teas:** Earl Grey, Darjeeling, Assam.
- **Green Teas:** Sencha, Jasmine, Matcha.
- **Herbal Teas:** Chamomile, Peppermint, Rooibos.

2. Savory Treats

Savory options can provide a delicious contrast to the sweetness of pastries. Consider offering:

- **Sandwiches:** Cucumber, smoked salmon, chicken salad.
- **Quiches:** Mini quiches with seasonal vegetables.
- **Canapés:** Bite-sized appetizers topped with various spreads.

3. Sweet Delicacies

No high tea is complete without a selection of sweet treats. Donna Hay's recipes shine in this category, offering a modern twist. Here are some ideas:

- **Scones:** Classic scones served with clotted cream and jam.
- **Cakes:** Layered cakes, cupcakes, or mini cheesecakes.
- **Biscuits:** Shortbread, macarons, or chocolate-dipped cookies.

Donna Hay's High Tea Recipes

Now, let's dive into some of Donna Hay's most popular high tea recipes that will certainly impress your guests.

1. Classic Scones with Jam and Cream

Scones are a quintessential part of high tea, and Donna Hay's recipe makes them light and fluffy.

Ingredients:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/4 cup sugar
- 1/2 cup cold unsalted butter, cubed
- 1/2 cup milk
- 1 large egg, beaten
- Clotted cream and jam for serving

Instructions:

1. Preheat the oven to 200°C (390°F).
2. In a bowl, combine flour, baking powder, and sugar. Add the butter and rub it in until the mixture resembles breadcrumbs.
3. Add the milk and mix until just combined.
4. Turn the dough onto a floured surface and gently knead. Roll out to about 2 cm thick and cut into rounds.
5. Place on a baking tray and brush with beaten egg. Bake for 12-15 minutes until golden.
6. Serve warm with clotted cream and jam.

2. Lemon and Blueberry Layer Cake

This cake is as beautiful as it is delicious.

Ingredients:

- 2 cups all-purpose flour
- 1 1/2 cups sugar
- 1 cup unsalted butter, softened

- 4 large eggs
- 1 cup buttermilk
- Zest of 2 lemons
- 1 1/2 cups fresh blueberries
- 1 cup cream cheese, softened
- 1/2 cup powdered sugar
- 2 tbsp lemon juice

Instructions:

1. Preheat the oven to 180°C (350°F). Grease and flour three 8-inch round cake pans.
2. In a large bowl, beat the butter and sugar until light and fluffy. Add eggs one at a time, mixing well.
3. Gradually add flour and buttermilk, mixing until just combined. Fold in lemon zest and blueberries.
4. Divide the batter among the prepared pans and bake for 25-30 minutes.
5. For the frosting, beat cream cheese, powdered sugar, and lemon juice until smooth.
6. Once the cakes are cool, layer them with frosting in between and decorate the top.

3. Mini Quiches with Spinach and Feta

These bite-sized quiches are perfect for mingling guests.

Ingredients:

- 1 sheet puff pastry
- 3 large eggs
- 1 cup cream
- 1 cup fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Roll out the puff pastry and cut into rounds to fit into a muffin tin.
3. In a bowl, whisk together eggs, cream, salt, and pepper. Stir in spinach and feta.
4. Pour the mixture into the pastry-lined muffin tin.
5. Bake for 20-25 minutes until the filling is set and the pastry is golden.

Tips for Hosting a Successful High Tea

Here are some tips to ensure your high tea gathering is memorable:

- **Plan Ahead:** Prepare as much as possible in advance to reduce stress on the day.
- **Mix and Match:** Don't be afraid to combine recipes from different sources for variety.
- **Set the Scene:** Use fine china, fresh flowers, and elegant linens to create an inviting

atmosphere.

- **Mind the Timing:** Serve food at the right temperature for the best experience.

Conclusion

Incorporating **high tea recipes Donna Hay** into your next gathering will undoubtedly elevate the experience. With her simple yet sophisticated approach to cooking, you can create a delightful menu that showcases both savory and sweet treats. From classic scones to elegant cakes and savory quiches, these recipes will make your high tea an occasion to remember. So gather your friends, brew some tea, and enjoy a beautiful afternoon filled with delicious food and great company.

Frequently Asked Questions

What are some signature high tea recipes from Donna Hay?

Donna Hay is known for her elegant high tea recipes, which often include scones with jam and cream, finger sandwiches, and a variety of delicate pastries such as lemon tarts and mini quiches.

How can I make classic scones using Donna Hay's recipe?

To make classic scones, combine 2 cups of self-raising flour, 1/4 cup of sugar, and a pinch of salt. Add 60g of chilled butter and rub until crumbly. Stir in 1 cup of milk until just combined, then shape and bake at 200°C for 15 minutes.

What types of finger sandwiches does Donna Hay recommend for high tea?

Donna Hay recommends various finger sandwiches including cucumber with cream cheese, smoked salmon with dill, and egg salad with watercress for a delightful high tea experience.

Are there any gluten-free high tea recipes by Donna Hay?

Yes, Donna Hay offers gluten-free options such as almond flour scones and various savory snack bites made with gluten-free ingredients, ensuring everyone can enjoy high tea.

What beverages does Donna Hay suggest serving with high tea?

Donna Hay suggests serving a selection of teas, such as Earl Grey, English Breakfast, and herbal teas, along with refreshing beverages like sparkling lemonade or iced tea.

How can I elevate my high tea presentation inspired by Donna Hay?

Elevate your high tea presentation by using tiered stands for pastries, incorporating fresh flowers, and using elegant tableware that reflects a refined aesthetic, much like Donna Hay's signature style.

What desserts are popular in Donna Hay's high tea recipes?

Popular desserts in Donna Hay's high tea recipes include mini pavlovas topped with fresh fruit, chocolate éclairs, and raspberry tarts, all presented beautifully for a delightful treat.

Can I find Donna Hay's high tea recipes online?

Yes, you can find Donna Hay's high tea recipes on her official website, as well as in her cookbooks that focus on entertaining and seasonal recipes.

What tips does Donna Hay provide for preparing high tea in advance?

Donna Hay suggests preparing certain items, like scones and pastries, the day before, and storing them in airtight containers. Additionally, she recommends setting the table and preparing tea selections ahead of time for a stress-free experience.

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