

high society



Return to an elegant era with a sophisticated high tea. It's a great way to celebrate a special occasion or simply an excuse to get out your best china

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Pastry-free spinach and feta tartlets
with spicy yoghurt topping

To drink

Don't be fooled by the word "tea": wine is also perfect for this time of day. Add some sparkle to the occasion with a bottle (or two) of delicious Pongrácz... in addition to the tea, of course.

Pastry-free spinach and feta tartlets with spicy yoghurt topping

Makes 6 EASY 20 mins

TOPPING

250ml (1 cup) double-thick yoghurt
15ml (1 tbsp) olive oil
½ chilli, seeded and chopped
5ml (1 tsp) lemon zest
a pinch of smoked paprika
salt and freshly ground black pepper,
to taste

250g baby spinach leaves
200g feta
4 large eggs, beaten
125ml (½ cup) fresh cream
125ml (½ cup) spring onion, chopped
60ml (¼ cup) fresh mint, chopped,
plus extra to garnish
salt and freshly ground black pepper,
to taste

- 1 For the topping, combine all the ingredients in a bowl. Leave to stand for at least 30 minutes before using.
- 2 Preheat the oven to 180°C. Grease 6 tartlet cases very well.
- 3 Combine all the ingredients in a bowl. Spoon the mixture into the cases and bake for about 15 minutes. Remove from the cases immediately.
- 4 Top with the yoghurt topping, garnish with mint and serve warm or at room temperature.

Salmon and cucumber on forks served with crème fraîche and lemon drizzle

Serves about 12 EASY 10 mins

1 cucumber
150g smoked salmon
60ml (¼ cup) crème fraîche
juice of ½ lemon



Salmon and cucumber on forks served with crème fraîche and lemon drizzle

salt and freshly ground black pepper,
to taste

- 1 Using a potato peeler, peel the cucumber so that you have long thin pieces. Fold the pieces into a fork. Do the same with the salmon and repeat with another piece of cucumber.
- 2 Mix the crème fraîche and lemon juice, and season. Drizzle over the forks just before serving.

Mini plum Danish pastry

Makes about 12 EASY 20 mins

1 x 400g roll ready-made puff pastry
6 ripe plums, quartered

250g apricot jam, melted
15ml (1 tbsp) pine nuts
icing sugar, to dust

- 1 Preheat the oven to 180°C. Line a baking tray with baking paper.
- 2 Cut the pastry into 7cm x 7cm squares. Place 2 plum quarters at two opposite corners, brush with jam and fold the opposite corners over to meet in the middle. Brush the top of the pastry with more jam and sprinkle with pine nuts.
- 3 Bake until the pastry is lovely and golden, about 10 minutes. Dust with icing sugar before serving.



Prawns in chive crumpets with saffron mayonnaise

Prawns in chive crumpets with saffron mayonnaise

Makes 6 A LITTLE EFFORT 30 mins

SAFFRON MAYONNAISE

4 large egg yolks
2,5ml (½ tsp) white wine vinegar
5ml (1 tsp) lemon juice
500ml (2 cups) olive oil
a pinch of saffron
salt and freshly ground black pepper,
to taste

PRAWNS

olive oil, for frying
6 x prawns, deveined and peeled
lemon juice, to taste

CRUMPETS

240g (2 cups) cake flour
60ml (¼ cup) granulated sugar
15ml (1 tbsp) baking powder
3 large eggs
250ml (1 cup) milk
125ml (½ cup) fresh chives, chopped
salt and freshly ground black pepper,
to taste
40ml butter

fresh chives, to garnish
salt and freshly ground black pepper,
to taste
saffron, to taste
lemon juice, to drizzle



Mini plum Danish pastry
(recipe on page 41)

1 For the mayonnaise, put the egg yolks, vinegar and lemon juice in a food processor and blend until light and creamy. Add the oil very slowly, mixing constantly until it begins to thicken. Add the saffron, season and set aside.
2 For the prawns, heat the olive oil in a frying pan. Fry the prawns until cooked, drizzle with lemon juice and keep warm.

3 For the crumpets, combine all the ingredients except the butter.

4 Melt the butter in a frying pan over a medium heat. Drop small amounts of batter into the pan. Once bubbles rise to the surface of the crumpets, flip them over and cook until they are an even golden colour.

5 While the crumpets are hot, fold them in half so that they keep their shape. Spoon some mayonnaise onto each crumpet, add a prawn and tie with a chive. Season, sprinkle with saffron and drizzle with lemon juice just before serving.

Berry ice cream served with spiced biscotti

Makes about 30 biscotti A LITTLE EFFORT 2 hours plus extra for freezing

BISCOTTI

240g (2 cups) cake flour
210g (1 cup) castor sugar
10ml (2 tsp) baking powder

100g pecan nuts, chopped
100g dried cranberries
100g almonds
100g dried apricots, chopped
100g candied orange peel
10ml (2 tsp) allspice
5ml (1 tsp) lemon zest
3 large eggs

ICE CREAM

100g castor sugar
200g frozen or fresh mixed berries
6 large eggs, separated
250ml (1 cup) milk
250ml (1 cup) fresh cream

rose petals, to garnish



Madeleines

- 1 For the biscotti, preheat the oven to 180°C and line a baking tray with baking paper.
- 2 Place all the ingredients, except for the eggs, in a bowl. Using your hands, mix until all the fruit and nuts are covered in flour. Add the eggs and mix together until a dough forms.
- 3 Shape the dough into a long log. Place it in the centre of the baking tray and bake for 40 minutes. Cut the log into thin slices.
- 4 Reduce the oven temperature to 150°C. Place the slices on a cooling rack and place the rack on the baking tray. Return to the oven for 35 minutes. Remove from the oven and leave to cool.

- 5 For the ice cream, place 50g of the sugar and all the berries in a saucepan and cook over a medium heat until the berries have softened and broken apart. Remove from the heat and leave to cool.
- 6 Beat the egg yolks with the remaining sugar until the mixture is light and creamy.
- 7 Bring the milk and cream to the boil. Remove from the heat and pour it over the yolk mixture while beating. Pour the mixture back into the saucepan and cook over a low heat until it forms a thick custard. Place in the fridge to cool, then stir in the berry coulis.
- 8 Beat the egg whites until stiff peaks form and slowly fold it into the

custard mixture.

9 Churn the mixture in an ice-cream machine for 45 minutes. Alternatively, pour it into a plastic container and freeze for 40 minutes. Mix it with a whisk and freeze for another 30 minutes. Repeat twice.

10 Serve the ice cream with the biscotti and garnish with rose petals.

Madeleines

Makes 12 **EASY** 30 mins plus overnight to infuse

- zest of 2 limes, plus extra to garnish
- 2,5ml (½ tsp) ground cinnamon
- 230g castor sugar
- 2 large eggs
- 120g (1 cup) cake flour, sifted 4 times
- 130g butter, melted and cooled
- 2 cardamom pods, crushed

- 1 Add the zest and cinnamon to 100g of the sugar and leave to infuse overnight.
- 2 Preheat the oven to 180°C. Lightly grease a 12-hole madeleine tin, dust it with flour and shake out any excess.
- 3 Put the eggs and the remaining sugar in a heatproof bowl and place the bowl over a pot of boiling water. Make sure the water does not touch the bowl. Whisk the mixture until it thickens. Remove from the heat and continue to beat until it doubles in volume.
- 4 Add the flour, butter and cardamom to the bowl and fold in lightly until just combined. Spoon the mixture into the madeleine tin and bake until lightly golden, about 10–12 minutes. Remove from the tin and place on a cooling rack.
- 5 Just before serving, sprinkle the madeleines with the infused sugar and garnish with the lime zest.

The Tart specialises in cocktail functions, high teas and dessert tables, with all goods freshly made to order. Email Toni or Nadine at info@thetart.co.za or call 011-646-4781.



Berry ice cream served with spiced biscotti (recipe on page 43)