

Online Cookery Class – Afternoon Tea

Equipment Required

Sharp Knife	Sieve	Ice
Chopping Board	Baking tray	4 x ramekin or small glasses
Teaspoon	Medium saucepan	12-hole non-stick muffin tray
Tablespoon	Spatula	Pastry brush
Small bowl	Whisk	
2 x Medium bowl	Jug	

Ingredients

2 lemons (large)
1 bunch of asparagus (at least 12 spears)
200g (7oz) frozen peas
300ml double cream
150 ml single cream
75g (2.5oz) mature cheese
2 sprigs of thyme
2 bay leaves
75g (2.65oz) caster sugar
40g (1.4oz) plain flour
20g (0.71oz) butter
20g (0.71oz) demerara sugar
1 pack of filo pastry sheets
3 tbsp oil (I use rapeseed but any you have is fine)
4 large free-range eggs
Salt and pepper

Recipe – Lemon and Bay Posset with a Thyme Crumb

300ml double cream
2 bay leaves
75g (2.65oz) caster sugar
1 lemon (large) – zest and juice
40g (1.4oz) plain flour
20g (0.71oz) butter
20g (0.71oz) demerara sugar
2 sprigs of thyme

1. Preheat oven to 190C.
2. Pour the cream into a saucepan, add the bay leaves, and slowly bring to a gentle simmer.
3. Add the sugar and stir until dissolved. Continue to simmer for 3-5 mins until the cream has thickened slightly (reduced by about 20%).
4. Whisk in the zest and juice of a large lemon
5. Pour the mixture into a jug and stand in a bowl of iced water to cool. Stirring every minute or so to stop a skin forming. Once cool to the touch pour through a sieve (to remove the zest) into small glasses and allow to fully set in the fridge.
6. To make the crumble: Rub the butter into the flour with your fingertips and stir through the sugar. Place on a baking tray and bake in an oven for 10mins. Pick the leaves from the thyme. Stir the crumble and add the thyme leaves, baking for a further 5-10mins until golden. Allow to cool and serve on top of the posset.

Recipe – Asparagus and Pea Tarts

1 pack of filo pastry sheets
3 tbsp oil (I use rapeseed but any you have is fine)
4 large free-range eggs
150ml single cream
1 lemon – zest only
1 bunch of asparagus (at least 12 spears)
200g (7oz) frozen peas
75g (2.5oz) mature cheese
Salt and pepper

1. Preheat the oven to 180C/360F (160C/320F fan assisted).
2. In boiling salted water blanch the asparagus and peas until they are just cooked and allow to cool.
3. Brush a 12-hole non-stick muffin tray with oil
7. Cut your filo pastry into quarters and keep all the sheets under a very slightly damp tea towel so that they do not dry out.
8. Brush each filo square in turn with oil, line the muffin tin with three offset filo squares in every hole. Make sure to push each square to the edges making sure there are no gaps.
9. In a jug combine the egg, cream, and lemon zest with a good pinch of salt and pepper.
10. Remove the tips from the asparagus and slice the stalks into pea sized pieces. Combine the chopped asparagus with the peas. Put a tablespoon of asparagus and pea mix in the base of each filo lining. Pour the egg mixture evenly into each tart, taking care not to overfill.
11. Top each tart with an asparagus tip and a pinch of cheese.
12. Place the muffin tray into the centre of the oven and bake for 20-25 minutes until the filling is risen and set and the edges of the pastry are golden. Allow the tarts to cool a little before lifting from the tin.