

RECIPE BOOK



The Great
PARKINSON'S
Tea Party



Table of contents

Tea party scones

03

Mini quiches - ham and leek

04

Fruit tarts

05

Mini cinnamon tea cakes

06

Pizza tartlets

07

Strawberry meringue butterfly cakes

08

Orange sugar cakes

09

Passionfruit slices

10

Tea party scones

Prep 15 min

Cook 25 min

Make 16

Ingredients

3 cups self-raising flour

Plain flour, for dusting

80g butter, chilled and cubed

1 1/4 cups of milk

Jam, to serve

Whipped cream, to serve



Step 1

Preheat oven to 200°C. Sift self-raising flour into a large bowl.

Step 2

Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.

Step 3

Make a well in the centre. Add 1 cup of milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).

Step 4

Lightly dust a flat baking tray with plain flour.

Step 5

Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds. Press the dough together and cut out the remaining 4 rounds. Place scones onto prepared baking tray, 1cm apart. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream and decorate with Tea Party Cake Flags.

Mini quiches - ham and leek

Prep 30 min

Cook 20 min

Make 24

Ingredients

3 sheets frozen ready-rolled shortcrust pastry, partially thawed
2 tsp olive oil
1/2 small leek, trimmed, halved, washed, finely chopped
50g shaved leg ham
1 tsp wholegrain mustard
Salt, to season

Egg mix

4 eggs
1/4 cup pure cream
1/4 cup finely grated parmesan cheese



Step 1

Preheat oven to 200°C/180°C fan-forced. Using a 7cm-round cutter, cut 24 rounds from pastry. Press into holes of two 12-hole, 1 1/2 tablespoon-capacity round-based patty pans.

Step 2

Heat oil in a frying pan over medium-high heat. Add leek. Cook, stirring occasionally, for 4 minutes or until softened. Remove from heat. Stir in ham and mustard. Cool.

Step 3

Make Basic egg mix: Place eggs, cream and cheese in a large jug. Whisk to combine. Season with salt and pepper. Divide ham mixture between pastry cases. Divide egg mix between pastry cases. Bake for 12 to 15 minutes or until golden and set. Serve.

Fruit tarts

Prep 20 min

Cook 10 min

Make 6

Ingredients

6 slices raisin bread

olive oil spray

2 x 125g ctns Vanilla Creme Fruche

Butter to lightly grease

Kiwifruit, to serve

Banana, to serve

Strawberries, to serve

Blueberries, to serve



Step 1

Preheat oven to 180°C. Remove raisin bread crusts. Roll the bread firmly with a rolling pin. Lightly grease muffin pans with butter. Press the bread slices into the muffin pans. Spray bread with olive oil spray. Bake in the oven for 8 minutes or until golden. Transfer to a wire rack to cool. Spoon the Fruche into the tart cases. Top with fruit and serve to your Tea Party guest.



Mini cinnamon tea cakes

Prep 20 min

Cook 25 min

Make 18

Ingredients

175g butter, at room temperature,
plus extra 40g, melted

315g (1 1/2 cups) caster sugar,
plus extra 2 tbsp

185ml (3/4 cup) milk

1/2 tsp ground cinnamon, plus extra 1 tsp

270g (1 3/4 cups) self-raising flour

35g (1/4 cup) custard powder

2 tsp vanilla extract

3 eggs

Step 1

Preheat oven to 180C/160C fan forced. Grease and flour 18 holes of two x 12-hole, 1/3 cup (80ml) muffin pans.

Step 2

Place the butter, sugar, milk, egg, vanilla, cinnamon, flour and custard powder in a large bowl. Use electric beaters on low speed to beat until combined. Continue beating, gradually, increasing the speed to high, for 5 minutes or until the mixture is pale and creamy.

Step 3

Divide mixture evenly among the prepared holes. Bake for 20-25 minutes or until a skewer inserted in the centre of a cake comes out clean. Stand in pan for 5 minutes before transferring to a wire rack.

Step 4

Meanwhile, combine the extra cinnamon and extra sugar in a bowl. Brush the hot cakes with the melted butter. Dip cakes into or sprinkle tops with cinnamon sugar.

Step 5

Serve the cakes warm or at room temperature.

Pizza tartlets

Prep 25 min

Cook 15 min

Make 24

Ingredients

3 sheets reduced-fat frozen shortcrust pastry, partially thawed	1/2 small green capsicum, finely chopped
50g shaved leg ham, finely chopped	1/2 cup finely grated mozzarella
2 cup mushrooms, finely chopped	4 eggs
1/4 cup pizza sauce	1/2 cup milk

Step 1

Preheat oven to 200°C/180°C fan-forced. Using a 7cm-round cutter, cut 24 rounds from pastry. Press into two 12-hole, 1 1/2 tablespoon-capacity patty pans.

Step 2

Combine ham, mushroom, capsicum and 2 tablespoons cheese in a bowl. Whisk egg and milk together in jug. Spread 1/2 teaspoon pizza sauce onto each pastry case. Divide ham mix and egg mix between pastry cases.

Step 3

Bake for 10 minutes or until set. Sprinkle tartlets with remaining cheese. Bake for 5 minutes or until cheese is melted. Serve.

Strawberry meringue butterfly cakes

Prep 25 min

Cook 20 min

Make 24

Ingredients

200g butter, softened	1/2 cup strawberry jam
1 tsp vanilla extract	300ml thickened cream, whipped
1 cup caster sugar	1/2 x 100g packet vanilla petite meringues, crushed
3 eggs	125g strawberries, hulled, sliced
2 1/3 cups self-raising flour, sifted	Icing sugar mixture, to serve
1/2 cup milk	

Step 1

Preheat oven 180C/160C fan-forced. Line two 12-hole, 1/3 cup-capacity muffin pans with paper cases.

Step 2

Using an electric mixer, beat butter, vanilla and sugar together until light and fluffy. Add eggs, 1 at a time, beating until just combined. Stir in flour and milk. Divide mixture evenly between paper cases.

Step 3

Bake for 17 to 20 minutes or until a skewer inserted in centre of 1 cake comes out clean. Stand in pans for 2 minutes. Transfer to a wire rack to cool completely.

Step 4

Using a small sharp knife, cut a circle 2cm-deep x 3cm wide from top of each cake. Cut circles in half. Spoon 1 teaspoon jam into each hole. Fold cream and meringue together. Spoon cream mixture over jam. Top with sliced strawberries. Arrange cake tops over cream to form wings. Dust with icing sugar. Serve.

Orange sugar cakes

Prep 15 min

Cook 20 min

Make 12

Ingredients

125g butter, softened	1/2 cup (75g) self-raising flour
1 cup (215g) caster sugar	1/4 cup (40g) plain flour
1 tbsp finely grated orange rind	1/4 cup (60g) sour cream
3 eggs	1/4 cup (60ml) orange juice, extra
1/4 cup (60ml) orange juice	1/2 cup (110g) white sugar
1/2 cup (55g) almond meal	Finely grated orange rind, extra, to serve

Step 1

Preheat oven to 160°C. Grease 12 1/2-cup (125ml) capacity loaf, muffin or friand pans. Place on an oven tray.

Step 2

Use an electric mixer to beat the butter and sugar in a bowl until pale and creamy. Add eggs, one at a time, beating well between each addition. Add orange rind and juice and stir to combine.

Step 3

Add almond meal, flour and sour cream; stir until well combined. Spoon among prepared pans and smooth the surface. Bake in preheated oven for 20 minutes or until a skewer inserted in the centre comes out clean. Turn onto a wire rack.

Step 4

Brush each hot cake with the extra orange juice, sprinkle with sugar and top with orange rind, if desired. Set aside to cool completely.

Passionfruit Slices

Prep 15 min

Cook 25 min

Make 16

Ingredients

Base

1 cup (150g) self-raising flour
1 cup desiccated coconut
1/2 cup (110g) white sugar
1/2 tbsp vanilla essence

Topping

1 can condensed milk
1/4 cup fresh lemon juice
pulp from 2 large passion fruits
(or 1/2 tin of 170g tinned passion fruits)

Step 1

Preheat oven to 180°C. Combine all base ingredients.

Step 2

Press into greased and lined slice tin. Place on an oven tray and bake for 15 minutes.

Step 3

Allow to cool and reduce the oven to 140°C. Mix all topping ingredients and spread over base. Bake another 10 to 15 minutes, or longer if not set.

Step 4

Refrigerate for a few hours. Cut into squares and store in fridge.