



*Linore Rose Burkard*

*Inspirational Romance  
for the Jane Austen Soul*



## *Regency "Receipts"*

### *Recipes for the Perfect Regency Tea*

Transposing recipes from Georgian and Regency cooking is a challenge. For one thing, cooks of the day didn't usually measure their ingredients in the traditional sense. Recipes called for "a large haunch of venison," or, "one fowl, good for a supper." Then, ingredients might be listed as, "one good spoon of mace," or "a quick handful of oats," and so on. Finally, they had no thermostats for their ovens which were often merely described as "a hot fire," or "a moderate oven."

Therefore the directions in Georgian and Regency Cookbooks might faze the most confident modern cook. There are hearty, adventurous souls who do delight in experimenting with these recipes; not to mention, some cookbook authors who have carefully and painstakingly translated the old recipes into modern equivalents (See "further resources" at the end). But most of us do not have time to try a recipe that has quaint or archaic instructions that might go awry on us. Our time is too limited to take such a chance.

I confess to having grand plans to join the ranks of the "experimenters"—someday. I can enjoy a good day in the kitchen here and there, especially for baking. To date, however, I have not had the time to do much experimenting. Therefore, in the following pages I offer you recipes that are in the spirit of the Regency, but are modern or updated to ensure that your kitchen time is well spent.

However, I believe the following recipes will help put you in the English "spirit" and if you hold a Regency tea, as I suggest in my Reader Group Resources, they would be ideal fare.



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As you look over the pages that follow, note the difference between English and American usage: “scones,” are more like what Americans call biscuits, though I have chosen fancier recipes so that they are not plain but special treats. Also, “biscuits” in English parlance, are cookies in the US. When making tea, we might say to put the kettle on the stove, where they would say, put the teapot on the hob. I have included metric units of measure where possible for the sake of English or other foreign readers.

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It is not certain when the tradition of “Afternoon Tea,” began in England, though a certain Duchess is credited with starting the popularity of the custom in the early 19<sup>th</sup> century. (ie., the Regency!) The custom became more elaborate as the century wore on, but feel free to keep your tea event as simple as you like. On the other hand, if elegance and the idea of “high tea” appeals to you, go on and employ a mix of Regency and Victorian tea rites to your feast.

## *Maple Cream Scones* (A Taste of England!)

Preheat oven to 325° F.  
 3 ½ cups all-purpose flour  
 ¾ cup cake and pastry flour  
 ½ teaspoon salt  
 1 tablespoon baking powder  
 1 cup butter  
 ¾ cup brown sugar (or maple sugar)  
 ½ cup currants  
 3 large eggs  
 ½ cup heavy cream  
 Large egg for egg-wash

### Directions:

Sift dry ingredients. Cut in butter until mixture resembles breadcrumbs. Stir in brown sugar and currants.

Beat together 3 eggs and heavy cream. Gently mix into dry ingredients until soft dough forms. On work surface pat or roll dough out to 1-inch thickness. Cut out with 2 ½ – 3 inch cutter. Place on greased or parchment lined baking sheet.

Break the extra egg into a bowl and add a few drops of milk. Beat until combined. Use to wash the tops of the scones. Bake for 10 – 15 minutes.

Serve with homemade strawberry jam <wink> and fresh whipped cream for REAL English tea!

(Note: There is no evidence these would have been called “Maple” scones, as the English were not acquainted yet, with maple flavoring. Made with brown sugar, they were simply sweetened scones.

## *Tea Cakes, or Crumpets*

Crumpets originated as tea cakes, though there is a 14<sup>th</sup> century reference somewhere to “crompid cakes.” According to “Linda’s Culinary and Food Dictionary and Glossary” Crumpets are British griddlecakes, A cross between a pancake and an American-style English muffin. They are similar to an English muffin (one side is smooth, the other full of tiny holes) but flatter. You don’t slice a crumpet and it is best toasted. Some, especially in the north of England, call crumpets muffins, while others, particularly in the Midlands call them pikelets (a much thinner and bigger version of a crumpet).”

In any case, they are a staple of the English tea table, so enjoy!

### Ingredients:

3 T. warm water	1 pkg. yeast
1 tsp. sugar	1/2 C. milk
4 T. butter, divided	1/2 tsp. salt
1 1/2 C. flour	1 egg

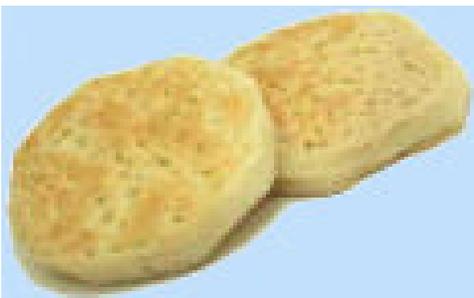
### Directions:

Combine water, yeast and sugar. Let stand until bubbly, about 5 minutes. Heat milk, 1 tablespoon of the butter and salt in a saucepan over low heat just until warm. Add to yeast mixture. Add 1 cup flour to yeast mixture and beat until smooth, about 2 minutes on medium speed of mixer. Beat in egg. Add remaining flour and beat until smooth. Cover batter with plastic wrap and let rise in a warm place until doubled in bulk, about 1 hour.

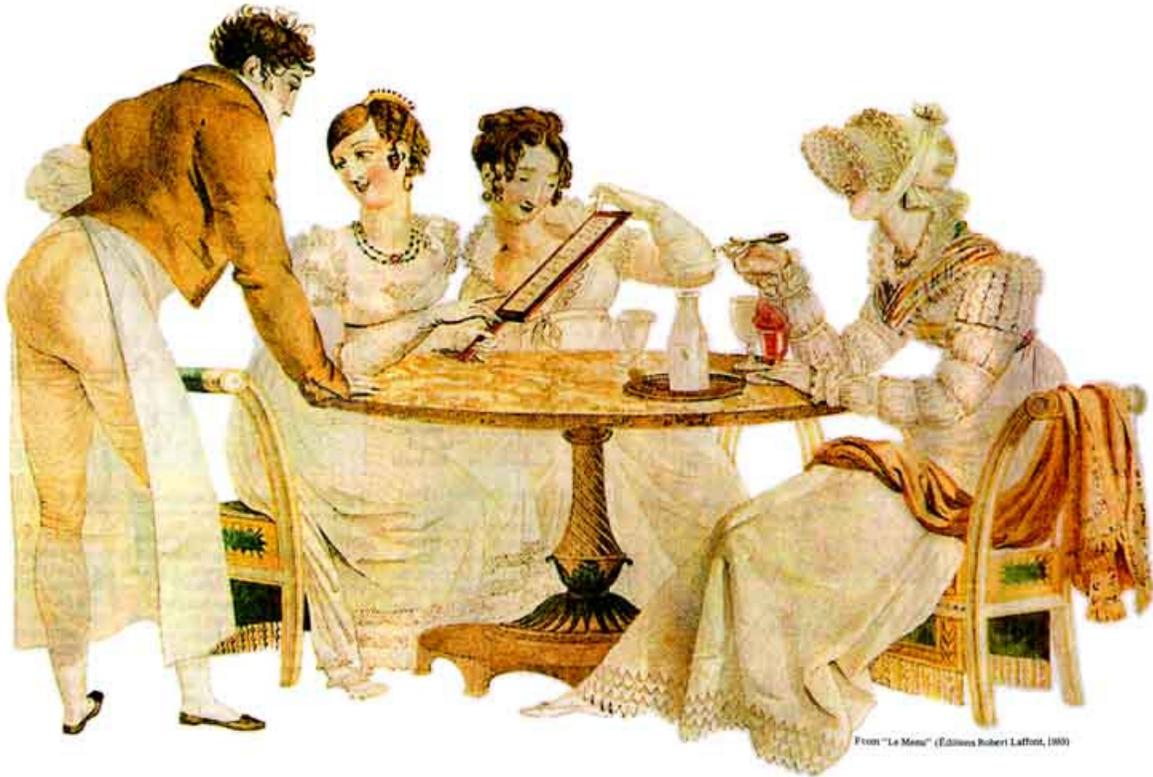
Stir down batter and let rest for 5 minutes.

Meanwhile, melt remaining butter in a saucepan over low heat. Skim off foam and discard milky solids from bottom of saucepan. Brush bottom of a skillet with melted butter. Brush insides of four crumpet rings or 3-inch round cookie cutters with butter and place rings in skillet. Heat skillet over medium heat. Spoon about 2 tablespoons batter into each ring. Cook until batter begins to bubble on top and is lightly browned on bottom, about 2 minutes. Remove rings. Turn English Crumpets over. Cook until lightly browned on bottom and done in centers. Can be served warm or toasted before serving.<sup>1</sup>

*Crumpets: An English “muffin”?*



*Serve hot with butter and jam or preserves at your English tea.*



From "Le Menu" (Editions Robert Laffont, 1899)

## *Cranberry Cream Scones*

My favorite scone recipe, I make this for special occasions, and around Christmas.

2 cups flour (500 ml)  
 1/3 cup sugar (82.50 ml)  
 1 tablespoon baking powder (5 ml)  
 1/2 teaspoon salt (2.50 ml)  
 1/2 cup cranberries (125 ml)  
 1 1/4 cups heavy cream (315 ml)  
 1 teaspoon orange zest (5 ml)  
 Cinnamon and sugar (optional)

Directions:

Preheat oven to 425°F. (220°C.) Mix the dry ingredients in a large bowl.

Using a large spatula, stir in the cranberries, cream and orange zest. Gather the dough into a ball and knead it against the bottoms and sides of the bowl 5-10 times. Transfer to a lightly floured surface, and pat the dough into a circle with a thickness of approximately 3/4 inch. (20mm)

Cut the dough into 8 -12 wedges and place 1/2 inch (13mm) apart on an ungreased baking sheet. Brush the tops with 2 to 3 teaspoons (10 to 15 ml) of cream and sprinkle with cinnamon and sugar. (optional) Bake on the center oven rack for 12 to 15 minutes.

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# Tea Cakes, Revisited

## Old Recipe: English Tea Cakes

Beat 1/4 pound of butter with 1/4 pound of sugar to a cream. Add 1 egg and 1 teaspoonful each of cinnamon and mace. Mix with 6 ounces of sifted flour, a pinch of salt and milk enough to make a stiff dough; then roll out very thin. Cut into round cakes and bake in a quick oven until done.

## Modern Recipe: English Tea Cakes

1 3/4 c. flour, sifted	1 1/2 tsp. baking powder
1/4 tsp. salt	1/2 c. butter
3/4 c. sugar	1 egg
3 tbsp. milk	1/2 c. Citron (or candied peel), finely chopped
1/2 c. currants	1 egg white, slightly beaten
Sugar	

### Directions:

Combine flour, baking powder and salt. Cream butter; gradually beat in sugar and egg. Add milk, citron, currants and flour mixture. Blend thoroughly. Chill. Roll dough between palms of hands into balls the size of walnuts. Dip tops in egg white, then sugar. Place with sugared side up 2 inches apart on greased baking sheet. Bake in 400 degree preheated oven for 12 to 15 minutes. Makes about 3 dz



# Mincemeat Pie

For a more substantial tea, try adding a main dish. To use this recipe, be sure to plan ahead.

**Note to US and Canadians:** English suet is not the same as the suet we feed to birds here in the States. Be sure to buy the English kind; Nowadays some people object to beef suet, on the grounds that it's too unhealthy (fat-filled); You can purchase vegetable suet if that is your case, and an Englishwoman I know tells me the flavour is not affected. (Not all may agree, however.)

Makes 6 to 8 servings.

Prepare the filling at least 1 month in advance for best results.

Pastry for a 2-crust pie  
 2 lb (1 kg) lean beef  
 1 lb (.50 kg) suet  
 2 lb (1 kg) sugar  
 5 lb (2.25 kg) tart apples  
 2 lb (1 kg) muscat raisins  
 1 lb (.50 kg) currants  
 1 lb (.50 kg) sultana raisins  
 ½ lb (.25 kg) citron  
 ½ lb (.25 kg) orange peel  
 1 tbsp salt  
 1 tsp cinnamon  
 1 tsp allspice  
 1 tsp mace  
 1 quart boiled cider  
 Brandy

Directions:

Ground the beef and suet. Pare, core and chop the apples. Chop the lemon and orange peel. Mix beef, suet, sugar, fruit, salt, spices and cider in a large kettle. Cover and simmer, stirring frequently, for 2 hours. Add cider if needed. Stir in brandy to taste.

Pack into sterilized 1-quart jars, seal securely, store in a cool place,(or refrigerate) and allow to mellow at least 1 month before using. Makes 5 jars.

When ready to use: Line a 9-inch pie tin with pastry. Spoon in enough mincemeat to fill the pan and cover with remaining pastry, rolled thin. Seal securely and slash top in several places so steam can escape. Bake at 450° F. (235°C) oven for 30 minutes. Serve warm.

**Modern Quick Method:** Buy your mincemeat already prepared, ideally from an English vendor, and getting the best quality you can afford. (See appendix of main book for sources.)

Make your own pastry, or purchase ready-made and proceed with recipe as above.

**Modern Quickest Method!**

Buy a frozen Ready-made Mincemeat Pie! Serve with whipped heavy cream

**Extra: MINCEMEAT COFFEE CAKE**

Prepare a special breakfast treat by folding one jar of mincemeat into any standard packaged coffee cake mix. Add a little extra sugar to the batter, bake and decorate with red cherries. Serve piping hot.

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## *Old-Fashioned English Trifle*

(Old-fashioned in taste but modern and easy to prepare. The only thing it takes is a bit of advance planning since to allow time for step one.)

1 (18.25 ounce) yellow cake mix  
 1 cup jam or jelly (any flavor)  
 1 (10 ounce) package frozen strawberries or raspberries, thawed and drained  
 1/2 cup nuts, finely chopped  
 2 to 4 tablespoons brandy (Use rum flavoring)  
 1 cup sherry (try a sparkling juice)  
 2 small boxes custard mix, prepared  
 1/2 pint heavy cream, whipped  
 Blanched almonds  
 Glace cherries

Directions:

Prepare cake mix several days in advance. Save one-half for another time and use one-half for trifle. Allow cake for trifle to dry out.

Thinly slice the cake, lining the bottom and sides of a round bowl with the slices. A glass bowl is best because the colors of the layers are attractive. On this first layer, sprinkle half of brandy and 1/2 cup sherry. Then spread with mixture of jam and nuts, then fruit. Pour custard on top; repeat layers. Spread with heavy cream and decorate with almonds and cherries.

Trifle tastes best if made 1 to 2 days in advance.

## *Negus, or Mulled Wine*

2-2 ½ cups sugar (455g – 570 g) (500 ml-625 ml)  
 1 ¼ cups water (315 ml)  
 4 dozen whole cloves  
 a bunch of cinnamon sticks (5-7)  
 3 crushed nutmegs  
 Peel of 3 lemons, and 2 oranges  
 4 cups hot lemon juice (or lime) (1000 ml)  
 4 bottles red wine (or good quality apple cider)  
 Lemon and pineapple slices (optional, for garnish)

Place the first six ingredients in a very large saucepan and bring to a boil. Boil for five minutes, or until syrupy. Strain; Return juice (syrup) to saucepan. Add the lemon (or lime) juice, and stir. Heat the wine til it's good and hot and add to pan.

Serve hot with slices of lemon and pineapple. (optional).

To make it non-alcoholic (not a true negus, but suitable for families—substitute a reddish soda, sparkling non-alcoholic beverage, or good quality apple cider.)

## Further Resources:

### Websites:

<http://www.historicfood.com/RecipesIndex.htm>

<http://whatscookingamerica.net/Glossary/C.htm>

(Includes a wonderful dictionary and glossary of cooking and food terms—not just American—with some history added for good measure. A wonderful site to visit.)

<http://theteatable.com> (for English scone mix)

<http://wisechoiceUK.com>

### Books:

**Jane Austen and Food** by Maggie Lane

**The Jane Austen Cookbook** Compiled by Maggie Lane and Deirdre Le Faye

**Domestic Cookery for Private Families**, Maria Rundell 1806

**The Italian Confectioner** J.A. Whiting, (London: 1820)

**Tea with Jane Austen**, by Kim Wilson



**Linore Rose Burkard** writes *Inspirational Romance for the Jane Austen Soul*. Her characters take you back in time to experience life and love during the Regency era in England (circa 1800 – 1830). Ms. Burkard's novels include *Before the Season Ends* and *The House on Grosvenor Square* (coming April, 2009). Her stories blend Christian faith and romance with well-researched details from the Regency period. For more information, visit: [www.LinoreRoseBurkard.com](http://www.LinoreRoseBurkard.com)



<sup>i</sup> Recipe taken from Epicurean.com, English Crumpets, British Breads