

Elevate Your Afternoon: A Culinary Guide to Scones, Strawberry Jam, and Devonshire Cream



: The Art of Afternoon Tea

In the heart of England's rolling countryside, the tradition of afternoon tea has flourished for centuries, becoming an integral part of the British cultural tapestry. It is a time-honored ritual, an opportunity to gather with loved ones, savor exquisite pastries, and sip on fragrant teas. Among the quintessential delicacies that grace this elegant spread, scones, strawberry jam, and clotted cream stand as coveted favorites.



How to Make Devonshire Tea with Scones, Strawberry Jam and Clotted Cream (Authentic English Recipes Book 7) by Geoff Wells

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This comprehensive guide unveils the secrets to creating the perfect Devonshire tea experience in the comfort of your own home. We delve into the art of crafting tender, golden-brown scones, the sweetness of homemade strawberry jam, and the richness of velvety Devonshire cream. Join us as we embark on a culinary adventure, transforming your afternoons into moments of pure delight.

Chapter 1: The Perfect Scone: A Culinary Masterpiece

The cornerstone of a delightful afternoon tea is the scone, a delectable pastry that embodies the essence of British culinary tradition. Crafting the perfect scone requires a delicate balance of ingredients and meticulous attention to detail.

1.1 Ingredients: A Symphony of Flavors

* **Plain Flour:** The foundation of our scones, plain flour provides structure and lightness. Use the strongest flour available, which has a higher protein content, resulting in a chewier crumb. * **Caster Sugar:** A touch of sweetness to complement the scones' buttery richness. * **Baking Powder and Bicarbonate of Soda:** The magic duo that creates the scones' signature rise. * **Salt:** A dash of salt enhances the flavors, balancing the sweetness. * **Unsalted Butter:** Cut into small cubes, cold unsalted butter adds richness and flakiness to the scones. * **Milk:** The liquid component that binds the ingredients together. Use whole or semi-skimmed milk for a more flavorful scone.

1.2 Method: A Step-by-Step Guide

1. **Preheat your oven:** Set your oven to 220°C (425°F) to ensure an even bake.
2. **Sift dry ingredients:** In a large bowl, sift together the flour, sugar, baking powder, bicarbonate of soda, and salt.
3. **Rub in butter:** Using your fingertips, rub the cold butter cubes into the dry ingredients until they resemble coarse breadcrumbs.
4. **Add milk:** Gradually add the milk to the mixture, mixing it in until just combined. Avoid overmixing, as this can result in tough scones.
5. **Knead lightly:** On a lightly floured surface, knead the dough for a few turns to form a ball.
6. **Roll out and cut:** Roll out the dough to a thickness of 2.5cm (1 inch). Use a round cutter to cut out the scones.
7. **Arrange on baking sheet:** Place the scones on a baking sheet lined with parchment paper.
8. **Bake:** Bake for 12-15 minutes, or until the scones are golden brown.

Chapter 2: Strawberry Jam: A Burst of Summer Flavors

No afternoon tea is complete without the vibrant sweetness of strawberry jam. This homemade delight captures the essence of summer, transforming

fresh strawberries into a luscious spread.

2.1 Ingredients: A Fruity Symphony

* **Fresh Strawberries:** Use ripe, juicy strawberries for the best flavor. *

Sugar: Granulated or caster sugar adds sweetness and helps preserve the jam. * **Lemon Juice:** A squeeze of lemon juice enhances the flavor and brightens the jam's color.

2.2 Method: A Sweet and Simple Process

1. **Prepare the strawberries:** Hull and slice the strawberries.
2. **Combine ingredients:** In a large saucepan, combine the strawberries, sugar, and lemon juice.
3. **Bring to a boil:** Bring the mixture to a boil over medium heat, stirring frequently.
4. **Reduce heat and simmer:** Reduce the heat to low and simmer for 20-25 minutes, or until the jam has thickened to your desired consistency.
5. **Test for readiness:** To check if the jam is ready, drop a small amount onto a cold plate. If it wrinkles when pushed with your finger, it is ready.
6. **Store:** Allow the jam to cool slightly before transferring it to sterilized jars. Seal the jars tightly and store in the refrigerator for up to 2 weeks.

Chapter 3: Devonshire Cream: A Rich and Indulgent Treat

Devonshire cream, also known as clotted cream, is the epitome of indulgence. Its velvety texture and rich flavor make it the perfect accompaniment to scones and jam.

3.1 Ingredients: The Essence of Dairy

* **Heavy Cream:** The key ingredient in Devonshire cream. Use cream with a high fat content (at least 48%) for the best results.

3.2 Method: A Slow and Gentle Process

1. **Pour cream into a sterilized jar:** Fill a clean, sterilized glass jar with the heavy cream, leaving about 2.5cm (1 inch) of space at the top. 2. **Seal and incubate:** Seal the jar tightly and place it in a warm spot for 12-24 hours. The ideal temperature for incubation is between 20-25°C (68-77°F). 3. **Check for readiness:** After the incubation period, gently shake the jar. If the cream has separated and a thick layer of clotted cream has formed at the top, it is ready. 4. **Chill:** Transfer the jar to the refrigerator for at least 4 hours before serving. This will allow the clotted cream to set and develop its full flavor.

Chapter 4: Assembly and Enjoyment: A Symphony of Flavors

Now that you have mastered the art of creating scones, strawberry jam, and Devonshire cream, it is time to assemble your delightful afternoon tea spread.

4.1 Assembling the Perfect Scone

* Warm the scones slightly before serving. * Split a scone in half horizontally. * Spread a generous layer of strawberry jam on one half. * Top with a generous dollop of Devonshire cream. * Sandwich the two halves together.

4.2 The Perfect Pairing: Tea and Biscuits

Complete your afternoon tea experience with a steaming cup of tea. Black teas, such as English Breakfast or Earl Grey, pair exceptionally well with scones and jam.

: A Culinary Legacy

The art of afternoon tea is a cherished tradition that combines culinary delights with social gatherings. With this comprehensive guide, you can now recreate the perfect Devonshire tea experience in your own home. Bake tender scones, craft vibrant strawberry jam, and whip up rich Devonshire cream. Gather your loved ones, savor every bite, and indulge in the sweet afternoon ritual that has captivated generations.

Remember, the joy of afternoon tea lies not only in the exquisite flavors but also in the shared moments it creates. As you sip your tea and enjoy your scones, may you find solace in the warmth of companionship and the timeless allure of this culinary legacy.



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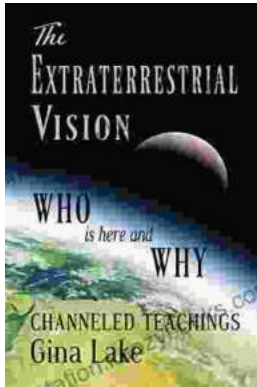
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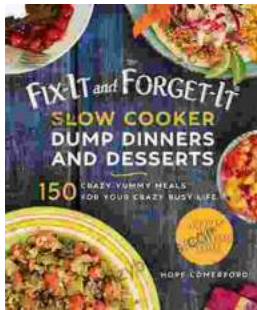
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