



Tea Trivia Thursday

What is the difference between afternoon tea and cream tea?

Traditional afternoon tea is made up of three courses with a pot of tea and is made up of sandwiches, scones, and then sweet pastries.

Cream tea, on the other hand is one course consisting of clotted cream, jam and a pot of tea.

Who invented afternoon tea?

Anna the hungry duchess of Bedford in 1840. She started to become hungry around 4pm each day and started to get into the habit of ordering tea, cake, and bread and butter to her room each day at 4pm. She then introduced this in London.

Where did the cream tea tradition originate from?

It is said that in the 11th century, the Tavistock Abbey in Devon was undergoing works, and the monks served the workmen bread with jam and cream to fill their tummies and give them energy.

Cream Tea Tradition:

In the West Country during the 1850s tourism was at an all-time high. Tourists looked for tea rooms where they could enjoy local ingredients.

Which do you put on your scone first, cream or jam?



Did you know?

- Scones weren't included in afternoon tea until the early 1900s.
- China was the first country to drink tea.
- During the Victorian era they had 2 types of tea which were called '**low tea**' & '**high tea**'. Low tea was traditionally served on a low table such as a coffee table in a sitting room or parlour between lunch and dinner. High tea is a British tradition for the working class to enjoy after a long day. This meal consisted of a hearty meal and a pot of tea. It would be served on a high table with high-backed chairs.
- The famous Victoria Sponge recipe originated in Spain and dates as far back as the renaissance. Queen Victoria favoured it so much that it got named after her.
- The teacups in the 19th century were wide shaped and flat at the bottom, making it hard not to make a mess and spill anything. Raising the little finger added support to the cup. This shortly became a trend as tea was only for the upper class, so was raising the little finger.