



On The Menu: Rose Earl Grey + Homemade English Scones

“If the day is a sentence, tea for me is the punctuation.” – Andy Callaghan

- For a country that is so popularly associated with tea and teatime, England was actually the last European country to use maritime trade routes in search of tea.
- Tea, imported from China, first came to Britain after it was introduced by the Princess Catherine of Braganza, who cherished tea as a part of childhood growing up in Portugal. She was the Queen of Charles II and introduced tea and tea drinking to the royal court in the 17th Century.
- It was the Seventh Duchess of Bedford who began the now-popular tradition of teatime in England in 1840. In the late afternoon, she began taking tea in her boudoir to stave off that “sinking feeling” that came with too much time passing between lunch and dinner. She invited friends to join her for tidbits and tea when she was in the country and then London. Other upper-class hostesses caught on to the trend and teatime was born as a practical and social time for the wealthy. From here, the English enjoy two teatimes: Low and High Teas, named for the heights of the tables at which they are served. Low Tea, the creation of the Seventh Duchess, is served in the mid-afternoon with dainty treats (mince meats, fruit pies, cookies, and scones served with



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Devonshire cream) and a dose of gossip as people connected for a light respite. High Tea was the invention of the working class and was served at the dinner table. Consisting of a hearty meal of meats and other savory fare, this Victorian teatime tradition originated in response to the Industrial Revolution when working-class families would come home famished from a long day. Teatime today has truly spread across social classes and is currently enjoyed by all in England today!

- From the 16th to the 19th Centuries in England, over 200 tea gardens sprung up in London and were popular they became socially acceptable places where young men and women could socialize over an outdoor cup of tea. Primarily frequented by the working class in the second-half of the Victorian Era, they were located in suburban areas around the city. Even the most modest tea gardens situated at inns and pubs were attractive with their offerings of tea, ale, and cake, a bowling green, play tables, or even ponds. Tea gardens contained beautiful outdoor attractions like Chinese pavilions and could host musicals and other live performances making them great cultural and social attractions.
- British tea legend states that in the 18th to 19th centuries, the tradition of adding milk to tea was birthed. English tea was brewed with boiling water and boiling hot liquid poured into cheaper crockery would crack and lead to disaster. Therefore, milk was added to cool the tea. Like the evolution of teatimes in England, the very British signature of milk in tea was a product of practicality.

Popular Teas In England:

Earl Grey is popularly enjoyed with a slice of lemon or milk.

Darjeeling is lighter than black teas and consists of nutty, floral, and fruity palettes—these qualities have made it a popular English afternoon tea.

Breakfast Teas are incredibly popular in the morning and are crafted from strong black teas and complimented with sugar and milk, much like coffee. (The English and Scottish have derived their own similar breakfast blends. English tea was traditionally a Chinese congou tea which then shifted to a Ceylon and sometimes Assam following a Chinese black tea trade embargo. Scottish tea is considered the heartiest, attributed to the fact that Scotland boasted the softest water, influencing taste).

Want To Learn More?

A Social History of Tea: Tea's Influence on Commerce, Culture & Community by Jane Pettigrew and Bruce Richardson

The Book Of Afternoon Tea By Lesley Mackley

For All The Tea In China: How England Stole The World's Favorite and Changed History by Sarah Rose

