



AFTERNOON TEA 1840

Anna Maria Russell, Duchess of Bedford, a lifelong friend of Queen Victoria and a Lady of the Bedchamber (lady-in-waiting) between 1837 and 1841, was also the originator of "Afternoon Tea". An extra meal called "luncheon" had been created to fill the midday gap between breakfast and dinner, but as this new meal was very light, the long afternoon with no refreshment left the Duchess and others feeling hungry. The Duchess found a light refreshment of tea and small cakes or sandwiches counteracted that late afternoon "sinking feeling" and soon began inviting her friends to join her at Woburn Abbey for this repast. Thus the "ritual" of afternoon tea quickly became an established and convivial repast in many middle and upper class households.

The Duchess continued this custom when she returned to her London residence, sending cards to her friends asking them to join her for "tea". The practice of inviting friends to visit for tea in the afternoon was quickly picked up by other social hostesses.

Queen Victoria is reported to have quickly taken to this new custom, hosting daily formal dress afternoon tea parties, which always ended before 7pm in order to give everyone time to change and be ready for dinner at 9pm. An oft quoted but quite possibly apocryphal story avowed that "Queen Victoria, a notorious tea fanatic, was given to flinging her tea cup across the room if she found the tea not up to her standards"! Queen Victoria's favourite tea is recorded as Earl Grey tea, a China black tea infused with Oil of Bergamot, and served with her favourite shortbread biscuits. Earl Grey tea, taken without milk but accompanied with a slice of lemon, is today particularly favoured by HM Queen Elizabeth II.

Queen Victoria and Prince Albert of Saxe-Coburg and Gotha were married at the chapel royal at St James's palace in London on 10 February, 1840. During that year Charles Elme Francatelli, an Englishman of Italian extraction who travelled to France to study under the legendary Antonin Carême the founder of French haute cuisine, was appointed maitre-d'hotel and chief cook in ordinary to the Queen. Revered for his blending of the best of Italian and French cuisine, Francatelli was regarded as a leading chef in Victorian London. On leaving his royal post Francatelli undertook the culinary management of the Coventry House Club 106 Piccadilly (this became the St James's Club in 1869). The pioneer of photography William Fox Talbot (1800–1877) was elected in 1825 to the St. James's Club. The St. James's Club was first established in Charles Street, just off the south corner of Berkeley Square and since been revived under the name St James's Club and Hotel is based in Park Place, our current address.

Keen to capture these traditions, St. James's Hotel and Club's Michelin-starred Chef, William Drabble, has created a selection of sweet treats and sandwiches based on authentic recipes and favourites of Queen Victoria with a modern-day twist. He was inspired by recipes by the recipes of Queen Victoria's Chief Cook Charles Elmé Francatelli; who favoured renowned treats such as Victoria Sponge or Lemon Drizzle cakes alongside forgot delights such as Topsy Cake, soaked in sherry and served with custard.

In addition the St. James's Hotel and Club has partnered with The East India Company to create a menu of fine loose teas and infusions, the perfect accompaniment to the new Afternoon Tea service. This partnership inspired by the strong relationship between Queen Victoria and the Company, which originated when Queen Elisabeth opened The East India Company Great Exhibition of art in 1851. With many of the celebrated treasures becoming a permanent part of the South Kensington Museum, later to become the 'V&A' in 1899, The East India Company

later vested all of its assets to the Crown, paving the way to Queen Victoria becoming first Empress of India in 1877.

"1840" Afternoon Tea

Sandwiches

St James Ham and Alberts Chutney
(Recipe from home cured and smoked ham served with
Albert's Victorian Chutney)
Free Range Egg and Garden Cress
Ox Tongue Sandwich with Mustard Butter
Scottish Smoked Salmon and Watercress
Slicing Cucumber

Scones

Homemade Cheshire Cheese Scone and Plain Scones Served with
Clotted Cream and Homemade Strawberry Jam

Pastries

Victoria Sponge Cake, Lemon Drizzle Cake, Custard Tart,
Profiteroles, Filbert Cream Tart, Topsy Cake

£40 per person

with a glass of Delamotte Brut, NV £52
with a glass of Delamotte Rosé Brut, NV £57

Please inform our staff about any intolerances or allergies.
Not all intolerances can be catered with this afternoon tea but we will be
delighted to offer you a special alternative.

*A discretionary service charge of 12.5% will be added to your bill.
All prices include VAT*

East India Teas

Black Teas

St James's Blend, India and Sri Lanka

For our exclusive fine loose tea, The St James Blend, Mr Lalith Lenadora, The East India Company's Tea Master, chose a selection of teas originating from the lush gardens of Assam and the misty hills of Ceylon, nowadays Sri Lanka. After establishing the tea industry in Assam during the 1830's, The East India Company's efforts resulted in an arrival of fine teas throughout the United Kingdom, to which saw the birth of Britain's "tea drinking culture". Robust and full-bodied, these teas are to be enjoyed with a dash of milk. Add sugar to taste.

The Campbell Darjeeling Second Flush, India

From the beautiful Namring Tea Estate in the Himalayan foothills of Darjeeling, this light and fragrant black tea is famed for its distinct muscatel character. Harvested during the warm summer months, it offers floral, fruity and light earthy notes with a touch of pleasant astringency. Ideal to accompany your afternoon tea and best enjoyed without milk.

Lapsang Souchong, China

This black tea from the Fujian province of China is dried over a smoking pine fire, imparting a sweet and rich smoky flavour to the tea.

Decaffeinated Ceylon, Sri Lanka

Bright, full-flavoured and well-balanced, this naturally decaffeinated Ceylon stays true to the traditions and flavours of its origin.

The East India Company Earl Grey, Sri Lanka

This tea blends the finest Ceylon orange pekoe and natural Bergamot oils to create a distinct Earl Grey. With an exceptional aroma and flavour profile that is light, sweet, zesty and delicate, this tea produces a deliciously fragrant cup.

Vanilla Tea, Sri Lanka

Using Sri Lankan vanilla and large leaves from Ceylon, this distinctive scented tea has a sweet and creamy character. Enjoy with milk and sugar to taste.

Green Tea

Director's Green, China

From the heart of Zhejiang Province in China, the leaves of this green tea are hand rolled into the shape of little pinhead pellets resembling gunpowder. This classic green tea is bold & lightly smoky with a sweet and fresh finish.

Oolong Tea

Dragon Eye Oolong, China

A semi-fermented Oolong or 'Wu Long' meaning 'Black Dragon', is a light-bodied tea, high in anti-oxidants, with delicate buttery notes.

White Tea

Snow White, Nepal

Originating from the Himalayan foothills, this tea only boasts the top leaf and bud. Following plucking, the tea leaves are left to wither slightly, then gently hand-rolled to hasten the fermentation process. When brewed, it delivers a light and mellow cup with gentle sweet and floral notes.

Infusions

Whole Rosebuds

Rosebuds were historically thought to boost the circulation and provide the skin with a luminous glow. Tranquil and refreshing, this infusion holds a sweet rose aroma that is completely caffeine-free.

Nile Chamomile, Egypt

Originating from ancient Egypt, Chamomile has an apple-like taste, used for centuries due to its medicinal properties. This naturally caffeine-free herbal infusion has a calming effect, perfect for the evenings. It is also good for your skin and has many other health benefits.

Hibiscus and Fruit

Blend of hibiscus, rosehip and orange peel tangled with sweet aromas of pineapple, mango, passionfruit and banana, Tropical Punch is a thirst quenching infusion. With its deliciously fruity taste and a striking reddish tint, this flavourful blend is as uplifting as an island breeze.

Lemongrass & Ginger

A soothing base of spicy ginger with uplifting lemongrass, this full-flavoured infusion is refreshing and will help overall wellbeing.

English Peppermint, England

Made from the finest English Mitcham Black Peppermint, our infusion is fresh, aromatic and bright. Valued for its digestive and calming qualities it is wonderfully refreshing any time of the day.

History of the cakes

Victoria Sponge Cake

Also Known as Victoria Sandwich Cake

The most concurred credit to the cake's creation goes to Anna Maria Stanhope, The Duchess of Bedford and Lady in Waiting to Queen Victoria in the mid-18th Century. Responding to the Queen's request of late afternoon tea and cake, the Duchess made this "sandwich" cake for her. After soon becoming a favourable luncheon feature, the Victoria sponge became a popular choice for both adults and children during Victorian high tea.

Lemon Drizzle Cake

The exact origin of lemon cake is unknown. It is probably derived from the pound cake, which was first baked in England around 1700. A pound of each ingredient was used to make a simple, heavy cake to feed large groups of people.

Custard Tart

Sweet Paste Tart Filled With Vanilla Custard Topped With Nutmeg.

The development of custard is so intimately connected with the custard tart or pie that the word itself comes from the old French croustade, meaning a kind of pie. Medieval recipes generally included a shortcrust and puff pastry case filled with a mixture of cream, milk, or broth with eggs, sweeteners such as sugar or honey, and sometimes spices. Recipes existed as early as the fourteenth century that would still be recognisable as custard tarts today.

Cheshire Cheese Scone

Paxton & Whitfield was first recorded as a partnership in 1797, but its origins began in 1742 when Stephen Cullum set up a cheese stall in Aldwych market. As London became increasingly affluent, Sam Cullum (Stephen's son) moved his cheese business to a wealthy customer base, near to Jermyn Street where there is still a shop today, ironically named after his two business partners - Harry Paxton and Charles Whitfield. The company's reputation grew steadily, culminating in 1850 with the honour of being appointed cheesemonger to HM Queen Victoria. It was the first of many Royal Warrants that the Company has held.

Cheshire cheese is one of the oldest recorded named cheeses in British history. By 1823, Cheshire cheese production was estimated at 10,000 tonnes per year; in around 1870, it was estimated as 12,000 tons per year.

Plain scone with strawberry jam and clotted cream

Scones are connected traditionally with England, Scotland, and Ireland. The first known mention of a scone that was printed is from the translation of *The Aeneid* (1513) written by a Scottish poet named Gavin Douglas.

Scones are related to the ancient Welsh tradition of cooking small round yeast cakes on stones. First-made scones included oats, and baked over an open fire, opposed to today's scones, which are similar to American biscuits.

Clotted cream

Clotted cream (or called scalded, clouted, Devonshire or Cornish cream) is thick cream made by indirectly heating full-cream cow's milk using steam or a water bath and then leaving it in shallow pans to cool slowly.

The cream's production is commonly associated with dairy farms in southwest England and in particular the counties of Cornwall and Devon. It is served on scones, or "splits" in Cornwall, usually with strawberry jam, alongside a pot of tea. Traditionally, each county enjoys the scone differently: in Devon, the cream is traditionally spread first on the scone, with the jam dolloped on top. In Cornwall the jam is spread first with a dollop of cream.

Profiterole

The word profiterole has existed in English since 1604, borrowed from French. A 17th-century French recipe for a Potage de profiteolles or profiterolles describes a soup of dried small breads, simmered in almond broth and garnished with coxcombs, truffles, and so on. Although both the pastry and the name profiterole initially came from France, profiteroles are one of the main national dishes in Gibraltar.

Tipsy cake

A tipsy cake is a sweet dessert cake, made originally of "fresh sponge cakes soaked in good sherry and good brandy. The dish as prepared in England would typically have several small cakes stacked together, with the cracks between bristling with almonds.

Originating in the mid-18th century, the tipsy cake recipe of cake or biscuits, alcohol, and custard combined in a trifle bowl came to the American colonies via the British, and later remained with settled Southern planters

Filbert cream tart

A cultivated hazel tree that bears edible oval nuts. Middle English fylberd,

from Anglo-Norman French Philbert, dialect French noix de filbert (so named because it is ripe about 20 August, the feast day of St Philibert).

Some Francatelli's recipes used as reference.

1293. PETITS-CHOUX,* WITH CARAMEL.

PREPARE these as the above, except that they must be rolled and baked in the form of round balls, which, when done, should be about the size of an egg. About two ounces of roughly-chopped pistachios, a few cleaned currants, and an equal proportion of loaf sugar, chopped small, should be mixed together on a plate; then boil about four ounces of sugar, first dipping each *petit-choux* slightly in this, then gently roll in the prepared pistachios, &c., so as to mask its surface with these. When the whole have been thus passed in the sugar-caramel, allow them to cool previously to dishing them up.

1294. PROFITROLLES.

PREPARE two dozen *petits-choux* as directed in the first part of the foregoing article; when they are baked and have become cold, cut a circular piece from the top of each, about the size of a shilling; then, fill them with some custard, prepared as follows:—Put the yolks of four eggs into a small stewpan, with two ounces of pounded sugar, a good table-spoonful of flour, two ounces of grated chocolate, and a very little salt; mix these well together with half a pint of cream, add a small pat of butter, then stir the whole over the stove-fire, and allow it to boil for about ten minutes; this custard should now be passed through a tammy (with pressure) into a basin, and when it has become cold, three table-spoonfuls of whipped cream should be added; then serve.

This custard may also be flavoured either with lemon, orange, vanilla, orange-flower, or any kind of liqueur; in which case the chocolate must be omitted.

1328 a. FILBERT CREAM TARTLETS.

LINE two dozen tartlet-moulds with some short-paste, and then fill them with the following preparation:—First, extract the kernels from a sufficient quantity of fresh filberts to produce half a pound of sound kernels; let these be first pounded in a mortar, adding a dessert-spoonful of water, in order to prevent them from turning oily; and when they are thoroughly bruised, add two ounces of fresh butter, four ounces of sugar, a liqueur-glassful of white noyau, and the yokes of four eggs; and, having beaten the whole well together, use the preparation as directed above. Bake the filled tartlets in a moderate oven, and when done, remove them from the moulds on to a clean baking-sheet, and let them be glazed on the surface of the cream with the following mixture:—To a small glassful of white noyau, add about two ounces of glazing-sugar, work these well together until they form a rather thick icing, which use as directed above; and after this last part of the process is completed, place the tartlets in the screen to dry the icing.