Recipes for your Afternoon Tea
We’ve pulled together a few recipes to inspire your Afternoon Tea spread, ranging from classic to intriguing and easy to ‘wow’ factor. So get friends and family involved and enjoy rustling up savoury delights or baking some sweet treats.

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It means so much more than tea and cake

Thank you so much for having an Afternoon Tea. Every penny you raise will help Breast Cancer Care support more families through one of the most difficult challenges they will ever face. And whatever you raise, it all makes a difference. Just £10 could give 10 people with breast cancer the information they need to face treatment and make vital decisions about their care by funding 10 invaluable information resources. So enjoy time with family and friends knowing that you’re making a difference.

Registered charity: England and Wales 1017658, Scotland SC038104
The Classic Scone

Enjoy this Afternoon Tea classic with jam and cream (you decide which goes on first!)

Serves 6  Prep Time 10 Mins  Cook Time 10 Mins

You’ll need

• 225g self-raising flour
• 50g butter
• 25g caster sugar
• 125ml milk
• 1tsp baking powder
• Pinch of salt

What to do

1. Preheat oven to 220C/fan 200C/gas 7 and grease two baking trays.
2. Sift 225g self-raising flour, 1tsp baking power and a pinch of salt into bowl.
3. Cut up 50g butter into small pieces. Rub into flour until breadcrumb consistency.
4. Add 25g caster sugar and 125ml milk.
5. Use a blunt knife to make a soft dough.
7. Sprinkle surface with flour and roll out the dough until 1cm thick.
8. Cut circles from the dough using a round cutter.
9. Lay them out on the trays and brush with a little milk.
10. Bake for 7-10 minutes.
Ploughman’s Scones

These savoury cheese scones, filled with thin slices of apple and chutney, make a delicious addition to an afternoon tea spread.

Makes 12  Prep Time 25 Mins  Cook Time 12 Mins

You’ll need

• Juice 1/2 lemon
• 1 small eating apple (a Braeburn is nice)
• 12 tsp of your favourite chutney or pickle (we used apple, tomato & chilli chutney) punnet of cress, snipped

For the scones

• 225g self-raising flour, plus a little for dusting
• 1 tsp baking powder
• 50g butter, cut into tiny pieces
• 85g extra mature cheddar, finely grated
• 6 thyme sprigs, leaves picked
• 150ml milk, plus 1 tbsp
• 1 egg yolk

What to do

1. Heat oven to 220C/200C fan/gas 7 and dust a baking tray with a little flour. Tip the flour into a large bowl with the baking powder and a good pinch of salt. Add the butter and rub together with your fingertips until the mixture resembles damp breadcrumbs. Add the cheese and thyme leaves, mix in, then pour in the milk. Use a cutlery knife to bring the mixture together as a soft dough – don’t overwork it or the scones will be heavy.

2. Tip onto your work surface, mopping up any dry crumbs with the dough. Pat into a disc about 1.5cm thick. Using a 5cm fluted cookie cutter, stamp out 12 scones (you may have to squash the scraps back together to get all 12). Place on the baking tray. Mix the remaining 1 tbsp milk with the egg yolk and brush over the top of the scones. Bake for 10-12 mins until well-risen and golden brown, then leave to cool a little on a wire rack.

3. Just before serving, put the lemon juice in a bowl, cut the apple in half, remove the core, then very thinly slice into half moons. Toss the apple through the lemon juice as you go. Split the scones in half and fill each one with a couple of slices of apple, 1 tsp of chutney and a few sprigs of cress.

Thanks to BBC Good Food for this recipe www.bbcgoodfood.com
Summer Sandwiches

You’ll need

Goat’s cheese, walnut & roasted pepper (makes 20)
- 200g soft goat’s cheese
- 100g cream cheese
- 10 slices white bread
- 2 roasted red pepper
- 25g walnut

Lemony cucumber & prawn (makes 12)
- 6 slices wholemeal bread
- 1/2 cucumber, thinly sliced
- 4 tbsp mayonnaise
- Zest of 1 lemon
- 6 large cooked prawn, halved for topping

Creamy egg & cress (makes 12)
- 4 eggs
- 2 chopped spring onion
- 2-3 tbsp crème fraîche
- 12 small roll
- Cress, to serve

What to do

1. For the goat’s cheese, walnut & roasted pepper sandwiches, mix together 200g soft goat’s cheese with 100g cream cheese. Spread most of the mixture over 5 slices white bread. Slice 2 roasted red peppers into strips, divide between the bread, then top each with another slice white bread. Trim the crusts, then cut each sandwich into 4 triangles. Whizz 25g walnuts until fine. Spread 1 edge of each sandwich with the remaining cheese mix, then dip into the chopped walnuts.

2. For the lemony cucumber & prawn sandwiches, lightly spread 6 slices wholemeal bread with butter. Cover with a layer of thinly sliced cucumber, then use a 5-6cm round cutter to stamp out 12 circles. Mix together 4 tbsp mayonnaise with zest 1 lemon. Top each circle with 1 halved large cooked prawn and a dollop of the lemony mayonnaise.

3. For the creamy egg & cress sandwiches, boil 4 eggs for 8 mins. Cool the eggs, peel, mash, then mix with 2 chopped spring onions and 2-3 tbsp crème fraîche. Season, then spread over 12 small rolls. Add a little cress, pop on the lids and serve.

Thanks to BBC Good Food for this recipe www.bbcgoodfood.com
Gluten-free Cherry Blossom Cake

A gluten-free light bake that uses polenta in place of flour and orange blossom to flavour a drizzle syrup.

Serves 10  Prep Time 25 Mins  Cook Time 60 Mins

You’ll need

300g cherry, stoned and roughly chopped
- 250g polenta
- 250g pack butter, softened
- 250g golden caster sugar
- 4 large egg
- 100g ground almond
- 2 1/2 tsp baking powder
- 150ml pot natural yogurt
- 1 tsp orange blossom water
- Juice 1 orange

For the syrup
- Juice 1 orange
- 3 tbsp golden caster sugar
- 1/2 tsp orange blossom water

For the cherry icing
- 50g cherry, stoned, plus extra cherries on stalks to serve
- 175g icing sugar

What to do

1. Heat oven to 160C/140C fan/gas 3. Use a little of the butter to grease a deep 23cm cake tin and line with baking parchment. Mix the cherries and 50g of the polenta, then set aside.

2. In a large bowl, combine the butter and sugar with an electric whisk until pale and fluffy. Add the eggs, one at a time, mixing well between each addition. Add the remaining polenta, the almonds, baking powder, yogurt, orange blossom water, orange juice and cherry mix, and stir everything until just combined. Tip into the tin, smooth the top and bake for 45 mins or until a skewer comes out clean.

3. Meanwhile, make the syrup. Boil the orange juice and sugar for a few mins until the sugar has dissolved. Remove from the heat, add the orange blossom water and let cool. When the cake is done, remove from the oven and pour over the syrup. Leave to cool in the tin for 20 mins, then transfer to a wire rack to cool completely.

4. To make the cherry icing, put the cherries and icing sugar in a small food processor and blend until smooth. Drizzle all over the cake, then top with whole cherries. Will keep for up to 5 days in a cake tin.

Thanks to BBC Good Food for this recipe www.bbcgoodfood.com
Gluten-free Lemon Drizzle Cake

With a special surprise ingredient, this gluten-free cake stays beautifully moist. To everyone’s amazement it’s mash potato!

Serves 8  
Prep Time 30 Mins  
Cook Time 40 Mins

You’ll need

- 200g butter, softened
- 200g golden caster sugar
- 4 eggs
- 175g ground almond (switch for polenta or wheat-free flour to make this recipe nut-free)
- 250g mashed potato
- Zest 3 lemons
- 2 tsp gluten-free baking powder
- (Supercook does one)

For the drizzle

- 4 tbsp granulated sugar
- Juice 1 lemon

What to do

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a deep, 20cm round cake tin. Beat the sugar and butter together until light and fluffy, then gradually add the egg, beating after each addition. Fold in the almonds, cold mashed potato, lemon zest and baking powder.

2. Tip into the tin, level the top, then bake for 40-45 mins or until golden and a skewer inserted into the middle of the cake comes out clean. Turn out onto a wire rack after 10 mins cooling. Mix the granulated sugar and the lemon juice together, then spoon over the top of the cake, letting it drip down the sides. Let the cake cool completely before slicing.

Thanks to BBC Good Food for this recipe www.bbcgoodfood.com
Vegan Millionaire’s Bars

These vegan, gluten-free chocolatey treats with dates, cashews and maple syrup are just as sticky and moreish as the original Millionaire’s shortbreads.

You’ll need

For the base
• 150g cashew nuts
• 50g rolled oat
• 4 Medjool dates, pitted
• 50g coconut oil, melted

For the filling
• 350g pitted Medjool dates
• 125ml unsweetened almond milk
• 25ml maple syrup
• 150g coconut oil
• 1 tsp vanilla extract

For the topping
• 150g coconut oil
• 5 tbsp cocoa powder
• 2 tsp maple syrup

What to do

1. Grease a 20cm square cake tin and line with baking parchment. Tip the cashew nuts and oats into a food processor and blitz to crumbs. Add the dates and coconut oil, and blend again. Transfer to the tin and use a spoon to press the nutty mixture into a compact, even layer that covers the base. Chill while you prepare the filling.

2. For the filling, add the dates, almond milk, maple syrup and coconut oil to a saucepan with a generous pinch of salt and bring to a simmer. Boil for 2-3mins until the dates are really soft, then tip into the blender, add the vanilla extract and blitz to a smooth purée. Add a little more salt if the mixture is too sweet. Pour over the nutty base and spread to the sides of the tin, getting the surface as smooth as possible. Chill while you prepare the topping.

3. Gently heat the coconut oil in a saucepan until melted. Remove from the heat and whisk in the cocoa and maple syrup until there are no lumps. Cool for 10mins, pour over the caramel layer and return to the fridge for at least 3 hrs or until firmly set. To serve, cut into squares. Will keep in the fridge for up to 1 week.

Thanks to BBC Good Food for this recipe www.bbcgoodfood.com
BerryWorld Blackberry Almond Tart

Blackberries in a delicate almond sponge makes a perfect afternoon tea treat.

Serves 6  Prep Time 20 Mins  Cook Time 40 Mins

You’ll need

• 175g blackberries
• 150g caster sugar
• 212g short crust pastry
• 110g ground almonds
• 50g butter, softened
• 3 free range eggs, beaten
• Few drops each vanilla and almond essence
• 15g flaked almonds, toasted
• Sifted icing sugar

What to do

1. Place the fruit in a small pan with 50g of the sugar and warm through until the juices begin to rest. Remove from the heat and cool.

2. Preheat the oven to 200C/400F/gas Mark 6. Roll out the pastry on a lightly floured surface large enough to line an 18cm loose-bottomed flan tin. Ease the pastry gently into the corners without stretching and trim the edges. Chill until required.

3. In a mixing bowl cream together the rest of the sugar, the almonds, butter, eggs and flavourings until soft and well blended.

4. Spoon the fruit into the pastry case, spread over the topping and flatten. Place in the oven and bake for 30-40 minutes or until the topping is set and light golden.

5. Serve warm or cold topped with the flaked almonds and a shake of sifted icing sugar.

Thanks to BerryWorld for this recipe www.berryworld.com
BerryWorld Vegan Blackberry & Chocolate cupcakes

These vegan cupcakes are full of chocolatey goodness, the rich chocolatey flavour and the tart blackberries makes a great combination.

You’ll need

- 250ml almond milk
- 220g caster sugar
- 80ml rapeseed oil
- 1tbsp vanilla seed paste
- 210g self-raising flour
- 1tsp baking powder
- 30g cocoa powder
- 120g blackberries, chopped if large

For the icing

- 150g icing sugar
- 20g blackberries plus extra to decorate

Serves 18 Prep Time 15 Mins Cook Time 20 Mins

What to do

1. Heat the oven to 180C/160C fan and line two bun tins with fairy cake size cases. In a bowl beat together the milk, sugar, oil and vanilla until combined.

2. Reserve 2tsp of flour then in a separate bowl sieve together the flour, cocoa and baking powder. Fold the dry ingredients into the wet until all combined. Sprinkle the reserved flour over the blackberries and gently shake them until they’re coated then gently stir into the batter.

3. Divide the mixture between the cake cases, bake for 20-24 minutes until the cakes spring back when you gently press the tops. Leave to cool completely.

4. While the cakes are cooling, make the icing. Roughly mash the blackberries and stir into the icing sugar.

5. When the cakes are cold spread the icing over and top with a whole blackberry.

Note: These work best in smaller fairy cake cases. The cakes can cook and rise quickly without drying out. We’ve used almond milk but you can use any milk you prefer.

Thanks to BerryWorld for this recipe www.berryworld.com
BerryWorld Blueberry Quinoa Salad

With the sweet flavour of the blueberries and the crunchiness of the pepper this is a tasty salad to offer.
The quinoa adds a healthy, nutty twist.

You’ll need

- 100g quinoa
- 35g almonds, whole, skin on, roughly chopped
- 20g pumpkin seeds
- 150g blueberries
- Bag of ‘superfood’ type salad leaves
- 1/4 red onion, finely slices
- 1/2 yellow pepper, deseeded and chopped

For the dressing

- 2tbsp olive oil
- 1tsp coriander seed, roughly crushed
- 1tsp pink peppercorns, roughly crushed
- Juice of 1/2 lemon

What to do

1. Put the quinoa in a saucepan with double the depth of water. Bring to the boil and simmer for 10 minutes.

2. While the quinoa is cooking make the dressing. Gently heat the oil in a frying pan with the coriander seed and peppercorns. Warm through until the spices toast and the oil sizzles. Set aside to cool for a few minutes then squeeze in the lemon juice and season.

3. In another frying pan cook the almonds and pumpkin seeds until the seeds start to pop and the almonds are toasty.

4. When the quinoa is cooked drain any remaining water then pour over the dressing and stir well. Add all the remaining ingredients to the quinoa, season and stir to evenly distribute and coat with the dressing.

Note: if you’re short on time, grab a pouch of ready to eat quinoa.

Thanks to BerryWorld for this recipe www.berryworld.com
Edd Kimber’s BerryWorld
Blackberry and Goat's Cheese Quiche

A lovely quiche with rosemary pastry and a goat's cheese, rocket, bacon and blackberry filling.

You'll need

Rosemary Pastry
- 200g plain flour
- 1/4 tsp sugar
- 1 tsp salt
- 1 sprig of rosemary, finely chopped
- 135g unsalted butter
- 4 tbsp ice cold water
- 1 large egg yolk

Filling
- 100g lardons, cooked until crisp
- 120g goat's cheese, diced
- 80g blackberries
- 1 large handful of rocket
- 3 large eggs
- 60ml whole milk
- 200ml double cream
- Black pepper to season

What to do

1. To make the pastry place the flour, sugar, salt and rosemary into the bowl of a food processor and pulse to combine. Add the butter and pulse until the mixture resembles coarse breadcrumbs, the odd bigger chunk of butter is fine.
2. Add the water and pulse until the pastry forms a ball. Tip the pastry out and use your hands to gently bring together into a uniform dough. Wrap in Clingfilm and refrigerate for an hour before using.
3. Roll the pastry on a lightly floured work surface until about 2-3mm thick. Use the pastry to line a loose bottomed tart tin, 9 inches in diameter, trimming off any excess.
4. Refrigerate the tart case from an hour before baking. Line the chilled pastry base with a crumpled piece of parchment paper and fill with baking beans or rice and bake for 25 minutes at 180c (160c fan oven) before removing the parchment and beans and baking for a further 10-15 minutes or until the pastry is lightly golden.
5. Remove from the oven and brush the pastry case with the egg yolk before baking for a minute or so to set the yolk (this helps create a strong barrier so you don’t get a soggy bottom).
6. Start filling the pastry case by adding a layer of rocket and then sprinkle over the blackberries, goat’s cheese and bacon. In a bowl whisk together the eggs, milk and cream, seasoning with some black pepper.
7. Carefully pour in the egg mixture and place the quiche onto a baking tray and place into the oven, baking for about 25 minutes at 180c (160c fan oven) or until the egg mixture is set and top is very lightly browned. Allow to cool to room temperature before serving.
8. When filling the quiche keep a few bits of bacon and rocket aside to sprinkle on top of the quiche after the egg mixture has been poured in.

Thanks to BerryWorld for this recipe www.berryworld.com
If you have any questions about breast cancer or breast health, call our expert team free on 0808 800 6000 or visit breastcancercare.org.uk

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