



# Tea Time

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## CHAI TEA

- |                              |                         |
|------------------------------|-------------------------|
| 2 cups (500 mL) water        | 1/2 tsp (2 mL) ginger   |
| 4 English breakfast tea bags | 1/2 tsp (2 mL) cinnamon |
| 2 cups (500 mL) milk         | 1/4 tsp (1 mL) nutmeg   |
| 2 tbsp (25 mL) honey         |                         |

Bring water to a boil; add tea bags. Reduce heat and simmer 2 minutes. Remove tea bags. Stir in remaining ingredients (milk through nutmeg). Heat just to boiling. Transfer mixture to a blender. Blend on high speed until frothy. Pour tea into cups, spooning foam onto each serving. It may be necessary to blend a portion of the tea a second time to develop enough foam to top each serving. Serves 4 - 6.

**Cook's Note:** Mixture may also be foamed using a cappuccino machine or a milk foamer.

## ICED GINGER TEA

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|---|--------------------------|
| 12 cups (3 L) water                         | 12 green tea bags        |
| 1/2 cup (125 mL) thinly sliced fresh ginger | 6 cups (1.5 L) ice cubes |
| 1/4 cup (50 mL) sugar                       |                          |

Combine water, ginger and sugar in a Dutch oven. Bring to a boil; reduce heat, cover and simmer for 5 minutes. Remove from heat. Add tea bags, cover and let stand for 3 minutes. Remove tea bags and ginger. Cool tea mixture to room temperature. Divide tea mixture between 2 large pitchers. Cover and refrigerate until serving. To serve, stir half of ice cubes into each pitcher. Serves 10 - 12.

## BANANA POPPY SEED LOAF

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|-------------------------------------|----------------------------------|
| 1 cup (250 mL) mashed banana        | 1 cup (250 mL) whole wheat flour |
| 1/2 cup (125 mL) packed brown sugar | 2 tsp (10 mL) baking powder      |
| 1 egg, beaten                       | 1/2 tsp (2 mL) baking soda       |
| 1/4 cup (50 mL) oil                 | 1/2 tsp (2 mL) salt              |
| 1/2 cup (125 mL) milk               | 1/2 tsp (2 mL) cinnamon          |
| 3/4 cup (200 mL) flour              | 2 tbsp (25 mL) poppy seed        |

Combine banana and sugar. Mix together egg, oil and milk; add to banana mixture. Combine remaining ingredients. Add to banana mixture and stir just until moistened. Spoon batter into a greased loaf pan. Bake at 350°F (180°C) for 60 - 70 minutes or until loaf tests done. Cool 10 minutes; remove from pan to wire rack to cool thoroughly. Wrap and refrigerate for up to 1 week or freeze for up to 2 months. Makes 1 loaf.

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## PINEAPPLE PUMPKIN BREAD

3 1/2 cups (875 mL) flour	4 eggs
2 tsp (10 mL) baking soda	1 tsp (5 mL) vanilla
1 1/2 tsp (7 mL) cinnamon	1 can (14 oz/398 mL) pumpkin
1 tsp (5 mL) salt	1 can (8 oz/227 mL) crushed pineapple, undrained
1/4 tsp (1 mL) ginger	1 cup (250 mL) chopped walnuts or pecans
1/4 tsp (1 mL) nutmeg	
1/2 cup (125 mL) butter, softened	
2 1/2 cups (625 mL) sugar	

Combine first 6 ingredients (flour through nutmeg) in a bowl; set aside. Using medium speed of an electric mixer, beat together butter and sugar until blended. Beat in eggs, one at a time, beating well after each addition. Add vanilla and pumpkin and beat until thoroughly blended. Fold in pineapple. Add flour mixture and stir just until blended. Do not overmix. Fold in walnuts. Spoon batter evenly into two greased 9x5 inch (23x13 cm) loaf pans. Bake at 350°F (180°C) for 60 - 65 minutes or until loaves test done. Cool in pans for 5 minutes. Invert loaves onto racks and cool completely. Makes 2 loaves.

**Cook's Note:** Do not drain the pineapple in this recipe. Raisins may be used in place of nuts.

## APRICOT PECAN TEA LOAF

1 1/2 cups (375 mL) dried apricots, coarsely chopped	2 cups (500 mL) flour
1 cup (250 mL) boiling water	1/2 cup (125 mL) whole wheat flour
1/4 cup (50 mL) butter, cubed	1 1/2 tsp (7 mL) baking soda
1 cup (250 mL) sugar	1/2 tsp (2 mL) salt
2 eggs, beaten	1/4 tsp (1 mL) ginger
1/2 cup (125 mL) orange juice	1/8 tsp (0.5 mL) nutmeg
1/2 tsp (2 mL) grated orange peel	1 cup (250 mL) chopped pecans or natural almonds

Combine apricots, boiling water and butter in a large bowl; stir until butter is melted. Stir in sugar; cool to room temperature. Stir in eggs, orange juice and orange peel. Combine next 6 ingredients (flour through nutmeg). Stir flour mixture into apricot mixture. Do not overmix. Fold in pecans. Spoon batter into two greased and floured 9x5 inch (23x13 cm) loaf pans. Bake at 350°F (180°C) for 50 - 55 minutes or until loaves test done. Cool in pans on racks for 5 minutes. Invert loaves onto racks and cool completely. Makes 2 loaves.

## EGGNOG LOAF

*The texture of this loaf is similar to that of a pound cake.*

2 1/4 cups (550 mL) flour	1 cup (250 mL) sugar
2 tsp (10 mL) baking powder	1 cup (250 mL) commercial eggnog
1/2 tsp (2 mL) salt	1/2 cup (125 mL) butter, melted
1/4 tsp (1 mL) nutmeg	2 tsp (10 mL) vanilla
2 eggs	

Combine flour, baking powder, salt and nutmeg in a bowl; set aside. Using medium speed of an electric mixer, beat together eggs and sugar until blended. Beat in eggnog, melted butter and vanilla. Stir in flour mixture just until blended. Spoon batter into a greased 9x5 inch (23x13 cm) loaf pan. Bake at 350°F (180°C) for 40 - 45 minutes or until loaf tests done. Cool in pan on a rack for 10 minutes. Invert loaf onto rack and cool completely. Makes 1 loaf.