

## **Baking with Tea**

Wednesday, March 20, 2024

6:30pm CT

### **What to expect in your cooking class:**

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### **How to prepare for your class:**

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

## Peach and Spice Tea Muffins

### Ingredients:

1 heaping tbsp loose leaf tea\*  
1 **cup** milk  
1 cup chopped dried peaches OR  
fresh peaches  
2 1/2 cups flour  
2 1/2 tsp baking powder  
1/2 **tsp** baking soda  
1/2 tsp salt

2 tsp loose leaf tea\*, crushed fine in  
a **processor** or with a **mortar and  
pestle**  
1/2 cup oil  
1 cup brown sugar  
1 egg  
1 tsp vanilla  
**Zest** from 1/2 lemon

### Directions:

Preheat the oven to 400°F. Prepare **two muffin pans with liners**.

Boil a kettle of water. Pour 1/4 cup of boiling water over the tea leaves in a small **saucepan**. Let them steep for three minutes, then add the milk and simmer for about 10 minutes. If using dried peaches, pour more boiling water over the peaches and let them soften while the tea is steeping.

Meanwhile, **mix** the dry ingredients, including the crushed tea leaves. In a separate **bowl** beat the oil, brown sugar, egg, vanilla and lemon zest. Take the tea milk off the heat and **strain**. Mix the milk in with the other wet ingredients. Then drain off all the water from the peaches; they should be very soft and spongy. Mix them into the wet ingredients.

Pour the wet ingredients into the dry and **fold** together just until combined. Using a big **tablespoon** (the utensil, not the measuring spoon) drop heaping spoonfuls into the muffin cups. Bake at 400°F for 15 minutes then lower the heat to 325°F and bake for another 10-15 minutes.

Let cool on a rack for at least 15 minutes before eating.

\*any black tea will do, as long as it's loose leaf and strong

## Chocolate Dipped Chai Shortbread

### Ingredients:

$\frac{3}{4}$  **cup** (1½ sticks) unsalted butter  
2 **tbsp** loose chai tea  
 $\frac{1}{3}$  cup sugar  
1 cup all-purpose flour, plus more for rolling out the dough  
 $\frac{1}{8}$  **tsp** salt  
1½ cups semi-sweet chocolate chips

### Directions:

**If you would like to cook along with me please complete this step before class:**

*Place butter in a small **saucepan** over medium heat. When it melts, add the chai tea and cook, stirring occasionally, for 5 minutes. Remove from the heat and let sit for at another 10 to 15 minutes. **Strain** the butter into **a heat-resistant container** and discard the tea solids. Freeze the butter until it's solid but still soft, about 1 hour.*

Beat  $\frac{1}{2}$  cup of the butter and the sugar with the paddle attachment of a **stand mixer (or with a handheld mixer in a large bowl)** until well combined. Add the flour and salt and beat on low until just combined. The mixture will resemble small pebbles. If the dough crumbles when you try to form it into a ball with your hands, add a few drops of cold water. Wrap the dough in foil or **plastic wrap** and refrigerate for 30 minutes.

Heat the oven to 350°F. Unwrap the dough and place it on a generously floured surface. Pat the dough into a  $\frac{1}{2}$ -inch-thick disc with your hands, then sprinkle the dough with flour and gently roll the dough with a **rolling pin** to smooth the top. Cut into rounds with a **2-inch cookie cutter** or glass and transfer to an ungreased **baking sheet**, leaving 1 inch between cookies. Bake until the cookies are firm and beginning to turn golden, about 10 minutes. Let cool for 5 minutes on the baking sheets, then transfer the cookies to wire racks or paper towels to finish cooling.

Put the chocolate in a microwave-safe bowl and microwave in 30-second intervals, stirring after each interval, until it melts. Carefully dip each cookie halfway into the melted chocolate, then transfer it to **wax paper** to cool. Serve immediately, or store in an airtight container at room temperature for up to a few days.