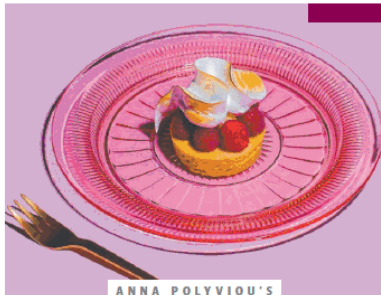


COVER STORY

LIVE THE HIGH
LIFE AT HOME

ANNA POLYVIU'S

MY KINDA TART

A different way to present a tart for afternoon tea.

serves / 8

Ingredients

450g fresh raspberries
SABLE BASQUE
 3 egg yolks
 100g caster (superfine) sugar
 100g unsalted butter,
 at room temperature
 145g strong flour, sifted
 2 tsp baking powder, sifted
**LEMON AND
 PASSIONFRUIT CURD**
 50ml lemon juice
 50ml passionfruit puree
 (see note)
 3 eggs, plus 1 egg yolk extra
 130g (4½ oz) caster
 (superfine) sugar
 45g (1½ oz) unsalted butter,
 at room temperature
 Finely grated zest of 1 lemon
ITALIAN MERINGUE
 220g (7¾ oz/1 cup) caster
 (superfine) sugar
 4 egg whites

Method

1. In a small bowl, whisk together the egg yolks and caster sugar.
2. Using an electric mixer fitted with the paddle attachment, beat the butter on low speed, for 3-4 minutes until light and fluffy. Do not overbeat.
3. Add half the egg mixture and beat until combined. Stop the machine and scrape down the side of the bowl.
4. Return to low speed and add half the flour and baking powder. Add the rest of the egg mixture and then the remaining flour. Add a generous pinch of salt. Stop the machine and scrape down the side of the bowl, then mix until combined.
5. Turn the dough out onto a piece of plastic wrap and form into a rectangle. Wrap in the plastic and refrigerate overnight.
6. Preheat the oven to 160C. Line a baking tray with baking paper. Remove the dough from the refrigerator. On a lightly floured surface, roll to a thickness of 1 cm and use a 5cm round cutter to cut out 8 discs.
7. Place the discs on the prepared tray and bake for 8-10 minutes until light golden brown. Cool on the tray and reserve until needed.
8. To make the lemon and passionfruit curd, bring the lemon juice and passionfruit puree to the boil in a medium saucepan over medium heat.
9. Meanwhile, whisk together the eggs, egg yolk

and caster sugar in a heatproof bowl. Pour the boiling fruit mixture into the egg mixture and whisk until combined. Pour the mixture back into the saucepan and return to medium heat, whisking constantly until a thermometer reads 86C.
10. Remove from the heat and strain the curd through a fine sieve. Cool curd to 34C.
11. Use a handheld blender to blend the butter into the curd for 2-3 minutes, until smooth and silky. Add the lemon zest and stir to combine.
12. Transfer the curd into a container and cover with plastic wrap. Reserve in the refrigerator.
13. To make the meringue, put the sugar in a small saucepan with enough water to make a slurry. Cook over high heat, until a thermometer reads 121C.
14. Meanwhile, put the egg whites in the bowl of an electric mixer fitted with the whisk attachment. When the syrup reaches 118C, turn on to high speed.
15. Reduce the speed to low as you gradually pour in the hot syrup. Return to high speed and whisk until cold and the meringue is thick and glossy.
16. Put the lemon curd in a piping (icing) bag fitted with a large plain nozzle. Pipe a bulb of lemon curd on to each sable basque, arrange raspberries around the outer edge of the tart, then fill the centre space with more curd.
17. Transfer the meringue to a piping (icing) bag fitted with a St Honore nozzle (see notes). Pipe an S-shaped swirl of Italian meringue on top. Use a blowtorch to lightly caramelize the meringue.

NOTES

• For passionfruit puree, cut the fruit in half and scoop the pulp and seeds into a small bowl, then stir to break up the fibres. If you want to remove the seeds, strain the pulp through a sieve.
 • The St Honore nozzle is a long slit for dispensing waves of meringue or cream.

HIGH LIFE TWIST

The sable basque mixture will be sticky (you'll need to flour the bench) and must rest overnight before baking. However, it can only rest for one night in the refrigerator or it will not react as it should.

SWEET DREAMS

CONTINUED
FROM PAGE 23

Bake your scones at a high heat (190C-210C) for 12 mins. Anna serves her scones with clotted cream for its rich decadence, and homemade jams.

PREP FOR SUCCESS

"I think if you're doing any sort of entertaining, whether a high tea or dinner party, making sure things are pre-prepared is the key. So when your guests arrive, you're not stuck in the kitchen," Anna says.

The Langham is another of Melbourne's favourite spots to take high tea and executive chef Deepak Mishra agrees with Anna that when hosting at home preparation is key.

"One of the great things about hosting a high tea at home is that you can have everything prepared before your guests arrive and that way you are able to enjoy it as well," Deepak says. "I like to ensure there is an even selection of savoury and sweet items as well as something cold and something warm. Make sure you assemble everything just before guests arrive."

THEME PARK

The Langham is famous for its themed high teas and assistant food and beverage manager Damian Kalusiewicz says a theme can make hosting a high tea at home all the more memorable.

"Find out which flowers are in season or choose a dress code or colour that can carry through from cakes to cocktails to the invitation and napkins," Damian suggests.

ON THE MENU

The Hotel Windsor's head pastry chef Jeremie Parmentier



THE HOTEL WINDSOR

"It's about colour, it's about texture, and it's about excitement as well"

ANNA ON THE
IDEAL HIGH TEA

has a checklist for the perfect high tea.

"Freshly baked scones with good strawberry jam and clotted or double cream, ribbon sandwiches, beautiful patisserie, and a tea or tisane," he says. "Afternoon tea is also about the setting — a three-tiered stand, fine china, nice cutlery, pretty teapots and flutes of champagne make it feel extra special."

TASTE AND
TEXTURE

Anna says serving a dessert in a glass is an easy addition to the spread. "Something refreshing, like a panna cotta with jelly and fresh fruit on top."



LANGHAM MELBOURNE

A chocolate item is a must, as is a biscuit, like a macaron or melting moment. A sweet tart is always good to add — Anna suggests buying the base and then filling yourself with vanilla cream and topping with fresh fruit in season.

"It's about colour, it's about texture, and it's about excitement as well."

NICE AS PIE

"People love pies, little mini pies and quiches are perfect to add to the middle tier," Anna says.

For her high teas, she makes caramelised onion and goat's cheese tarts, baked and finished with fresh tomatoes, basil and a few dots of balsamic vinegar. "Simple, beautiful, delicious."

FINGER LICKIN'

Sandwiches are, of course, an essential component and the traditional additions of finger sandwiches of cucumber and chicken are still at home on a modern high tea menu.

"The secret to a good cucumber sandwich is to marinate thin slices of cucumber with snipped mint leaves, a dash of lemonade and some lemon zest for four hours, then when you make the sandwich use sea salt flakes," Deepak says.

Anna, unsurprisingly, likes to put a twist on tradition.

"Presenting stuff people are familiar with, but with a bit of a modern twist. That's really important," she says, suggesting serving a traditional egg sandwich in a shot glass.

Simply bind grated boiled egg

with mayonnaise, and spoon a teaspoon of the mix into a shot glass. Cover with wholemeal bread cut from the shot glass so it fits perfectly, repeat in layers, then finish with cress on top.

WINNER WINNER

The Hotel Windsor's executive chef Jerome Trémoulet says seasoning and texture are the key elements for a great chicken sandwich. "We roast our chicken, then chill and shred it finely, then mix it with mayonnaise, salt, pepper, fresh celery and chopped walnuts. The celery and walnuts add a nice textural difference," Jerome says.



JEREMIE PARMENTIER

PHOTO: JIMMY - V1

ANNA POLYVIU'S

CHERRY ON TOP

I grew up with this quick cake recipe. Mum learnt it from a lady at work and ended up making it for every occasion. For birthdays, kitchen teas, a Sunday family lunch: the occasion didn't matter. It's just whipped cream and chocolate biscuits, with a cherry on top to finish it.

serves / 6

Ingredients

- 500 ml (2 cups) pure (pouring) cream (35% fat)
- 20g icing (confectioners') sugar
- 1 tsp vanilla paste
- 1 packet chocolate-flavoured biscuits
- 6 glacé cherries with stems

Method

1. Combine the cream, icing sugar and vanilla paste in the bowl of an electric mixer fitted with the whisk attachment. Whisk until semifirm.
2. Lay one biscuit down on a tray and put 1 tbsp of whipped cream on top.

Put another biscuit on top of the first one and top with whipped cream. Continue to make a stack of four biscuits and cream.

3. Dollop the cream on top of the last biscuit.
4. Finish the creation with a cherry on top, then refrigerate for 1-2 hours before serving to allow the cream to soak into the biscuits.

QUICK TWIST

You can make this as a big cake in a loaf (bar) or round tin, and use chocolate sprinkles or anything you like. Blitz any remaining biscuits in a food processor and sprinkle the crumbs on.



The one thing the chefs all agree on? The bread must be super fresh, fluffy and white

TO MAKE THE IDEAL FINGER SANDWICH

At the Langham, Deepak says adding grated green apple to free-range roasted chicken mixed with mayonnaise and grain mustard is a winner, while Anna takes an South-East Asian approach to hers.

"I poach the chicken with lemongrass and ginger, strain, cool and shred it. I use Japanese kewpie mayo to bind it, mix some chopped chives and finish with some microherbs."

The one thing they all agree on? The bread must be super fresh, fluffy and white.

MODERN FLAIR

"Afternoon Tea is entirely up to your imagination," Jerome says.

"You can pair different jams or curds, such as lemon, with the scones, experiment with sandwich fillings and bread types, such as a savoury croissant, and think of canapés for the savoury option."

To add a modern twist to a traditional high tea,

Deepak suggests using cookie cutters to create unusually shaped sandwiches, or using edible flowers on the serving platters to add visual appeal.

"You can also use interesting breads such as beetroot bread with nigella seeds or bread that is made green with pandan," he says. For the sweet dishes, try infusing tea to use in a dish. "You can infuse jasmine or lemon verbena tea in

cream or milk and use this infusion in cakes," he says.

DRINK TO THAT

At The Hotel Windsor II specialty teas are served of an afternoon, from light, fragrant green varieties to tea infused with jasmine and pear, through to black tea blends.

"Earl Grey was a favourite of high society in the 1830s, and favoured by the fine ladies and gentlemen of Melbourne by the time the hotel was established," says Brad Hammond. "We've added Australian myrtle to our blend for a local touch."

Damian from The Langham says you can never go wrong with a flute of French champagne, or a local sparkling wine, while cocktails are increasingly being served as part of an afternoon tea.

"We've just introduced new spring cocktails and one of my favourites is a twist on a gin and tonic and features whisked egg white and an edible flower. They are really pretty to look at, are sure to impress your guests and they are not that difficult to re-create at home."

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THE HOTEL WINDSOR'S SCONE RECIPE

makes / 20 scones

Ingredients

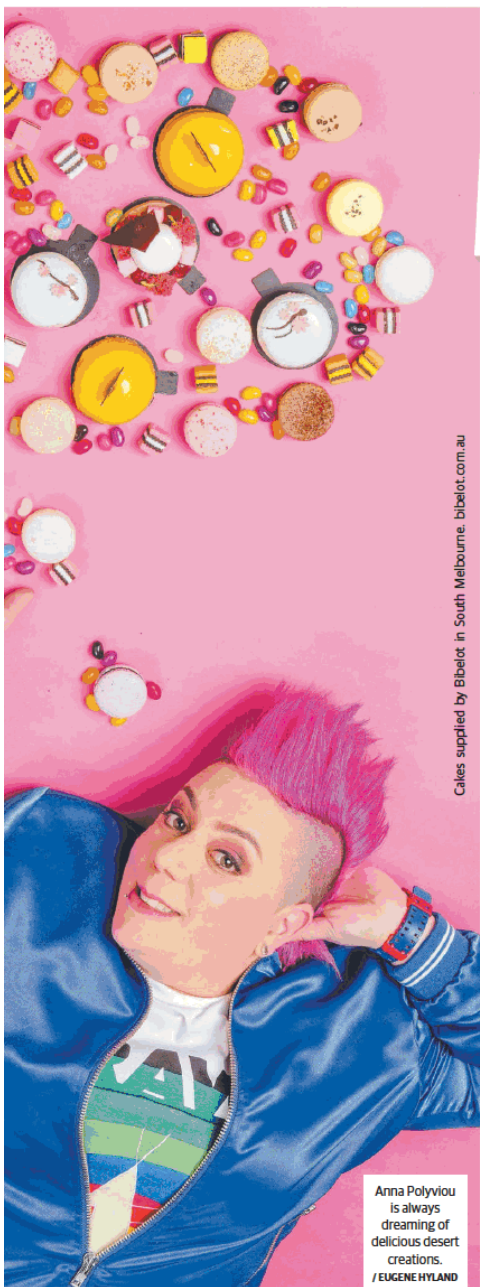
- 270g plain flour
 - 20g baking powder
 - 47g caster sugar, a pinch of salt)
 - 1 egg
 - 40g unsalted butter
 - 120ml milk
- EGG WASH**
1 whole egg
3 egg yolks
A pinch of caster sugar

Method

1. Mix flour, baking powder, salt and sugar together in a bowl.
2. Add the butter at room temperature to the mixture and mix until the content crumbles.
3. Whisk milk and egg together and add to the mixture.
4. Continue mixing until the

mixture comes together.
5. Rest dough for 30 minutes.
6. Mix in around 150g of sultanas at this stage if you wish to make sultana scones.
7. Roll the dough out to a thickness of 2.5cm.
8. Cut rounds of 5-6 cm using a plain round cutter.
9. Line up on a tray on baking paper, allowing a minimum space of 1cm between scones.
10. Prepare egg wash by mixing 1 whole egg, three egg yolks and a pinch of caster sugar together.

11. Lightly brush the top of the scones with a pastry brush and allow to sit for around 10-15 minutes.
12. Preheat oven to 180 degrees and bake for 10-12 minutes.
13. Serve straight from the oven with your choice of jam and double cream, not forgetting tea of course.



Cakes supplied by Bibelat. in South Melbourne. bibelat.com.au

Anna Polyviou is always dreaming of delicious desert creations. / EUGENE HYLAND



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