

# AFTERNOON & HIGH TEAS

**Gautam Singh , Hospitality Trainer , 07830294949**

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# Afternoon tea

- Afternoon tea is a light meal typically taken between 3 and 5 o'clock
- It originated in the United Kingdom
- Places that used to be part of the former British Empire also have such a meal
- Most Britons only take afternoon tea on special / formal occasions

# Afternoon tea

- Traditionally, loose tea would be served in a teapot with milk and sugar
- This would be accompanied by various sandwiches
- Customarily cucumber, egg and cress, fish paste (bloater), ham, and smoked salmon scones (with butter, clotted cream and jam cakes and pastries (such as Battenberg, fruit cake or Victoria sponge)
- The food would be often served in a tiered stand

# Afternoon tea

- While afternoon tea used to be an everyday event
- Nowadays it is more likely to be taken as a treat in a hotel, café, or tea shops
- Britons still have a cup of tea and slice of cake or chocolate at *teatime*
- Accordingly, many hotels now market a champagne cream tea

# Afternoon tea



# High Tea

- High Tea also known as Meat Tea, is an early evening meal
- Typically eaten between 5 and 6 o'clock in the evening
- It would be eaten as a substitute for both afternoon tea and the evening meal

# High Tea

- The term comes from the meal being eaten at the 'high' (main) table, instead of the smaller lounge table
- It is now largely replaced by a later evening meal



# HIGH TEA

- It would usually consist of cold meats, eggs and/or fish, cakes and sandwiches
- In a family, it tends to be less formal and is an informal snack (featuring sandwiches, biscuits, pastry, fruit and the like) or else it is the main evening meal

# HIGH TEA

- In recent years, High Tea has become a term for exquisite afternoon tea
- Though this is American usage and mainly unrecognized in Britain
- However, this usage is disfavored by etiquette advisors

# Main evening meal

- In some of parts of England and Scotland, and at times in its history the three main meals are referred to as 'breakfast, dinner and tea'
- Or 'breakfast, lunch and tea' where in other areas they might be 'breakfast, lunch and dinner'

# “To have your Tea”

- In Ireland "to have your Tea" can mean either the main evening meal or a meal afterwards like supper
- Although Tea would mostly follow a dinner meal and would usually take place between 6pm and 9pm

# Tea in Italy

- In Italy tea is usually served for breakfast as an alternative to coffee, or at 5 o'clock in the afternoon, with biscuits or cakes: in Italian this afternoon meal is called "merenda"
- Italians usually drink tea without milk but with lemon and sugar

# THE TEA PARTY

- The tea party is still occasionally given in the U.S.
- For a special occasion or in honor of a visiting celebrity or guest
- This occasion is a formal one in which ladies wear good afternoon dresses or suits and gentlemen wear business suits
- But otherwise afternoon tea is an informal gathering of friends

# In commonwealth countries

- Afternoon tea was served daily in upper class homes in Commonwealth countries through the end of the 20th Century
- The tradition continues in some countries, in others tea is served less frequently
- Afternoon tea is generally available in high-end hotels, restaurants and cafés

# References

- Text book of Food and Beverage Service by, Dennis R. Lillicrap and John A. Cousins
- Food and Beverage Service by M. K. Yadav
- Food and Beverage Service by Sudhir Andrews





**THANK YOU**

**Gautam Singh , Hospitality Trainer , 07830294949**