



#### AFTERNOON TEA







### 1.

Always introduce yourself to unknown guests attending the Afternoon Tea.

### 2.

Your teaspoon should never be left in the teacup whilst drinking. If no longer needed, your teaspoon should be placed on the right hand side of the saucer.



Never gesture with your teacup or hold your teacup mid-air. When not drinking, place your teacup on the saucer. The saucer should remain on the table or held in your lap.

3.

### 4.

When using a fork during your Afternoon Tea, the fork should always be set on the side of the plate when finished and not on the table.



#### 5.

In Victorian times, if you took milk with your tea you would pour it into the cup first as this represented good manners and protected the fine bone china from cracking.



# 6.

Do not swirl your tea continuously. Rather, gently fold the tea towards the 12 o'clock point two or three times. Avoid clinking the sides of your cup while folding your tea and do not tap it on the edge when finished.





# 7.

When seated place the napkin on your lap. When excusing yourself from the table gently place the napkin on the side of your place setting and do not refold it.



#### 8.

Be sure to look into the cup as you drink and not over it at your companion.



#### 9.

Do not spread your jam and cream directly onto the scone. Rather, place them on the plate first and then spread onto the scone.

- 10. Never dip your biscuit in your tea!



# THE THREE TIERED STAND





To pinkie or not to pinkie. Now deciding whether to extend your pinkie finger when sipping on tea cannot be classified as Tier Panic precisely but it is a common concern when enjoying Afternoon Tea.

The Windsor recommends never holding your cup with your pinkie finger extended. This is improper and in many social settings can be considered rude. So best to tuck that pinkie in. The cause of Tier Panic is where to start? Scones or sandwiches? Sandwiches or pastries? This is an understandable concern. The Windsor's advice – if you prefer warm scones start at the top.

Another dilemma with Tier Panic is whether to finish a tier before progressing to the next. Now this really depends on the size of your appetite but The Windsor suggests satisfying yourself with one layer before moving to the next. Switching between layers can upset the taste buds and it's always better to end your meal with a sweet pastry.



Another common Tier Panic moment can occur when dining with a guest who may not be a close acquaintance. What to do if you both desire the same sandwich or pastry? Rest assured this scenario will never take place during a Windsor Afternoon Tea as there are two of each variety of sandwich, scone and pastry. Tier Panic stress averted!

you may start here

or you may start here

3



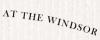
# MUST KNOW FACTS ABOUT AFTERNOON TEA







since 1883







Afternoon Tea is thought to have originated in the 1840s with the 7th Duchess of Bedford. The Duchess requested that light sandwiches be brought to her due to a "sinking feeling" felt in the late afternoons because of the long gap between lunch and dinner. She began to invite others to join her and thus the Afternoon Tea tradition began.

When Queen Victoria engaged in the Afternoon Tea ritual it became a formal occasion on a larger scale known as "tea receptions". Middle and lower classes would have a more generous tea later in the day at five or six o'clock, which consisted mainly of meat, potatoes and tea. As this meal was served at high tables it became known as "high tea".

Traditional Afternoon Tea included sandwiches, scones, cream, curd, a few pastries and tea. It was also referred to as "low tea" due to being served on low tables and armchairs.

The Windsor has been serving Traditional Afternoon Tea every day since 1883! This is the longest running Afternoon Tea service in Melbourne and Australia.





# THINGS YOU MAY NOT KNOW ABOUT TEA





**TEA** when compared with a cup of instant coffee usually holds half the amount of caffeine\*, whereas most herbal teas, such as peppermint tea, have absolutely none.

\* depending on brewing time

# . HERITAGE .

Heritage of tea dates back to the 1500BC – 1046BC and is considered to be originally from Yunnan, China where it was used as a medicinal drink during the Shang Dynasty.



# ETIQUETTE

Etiquette surrounds the history of Afternoon Tea and you are advised to be aware of the nuances and expected behaviours which are explained within this booklet. It could be said that the word most aptly describes public life during the reign of Queen Victoria – a time when The Windsor was born.



# WATER

Always use freshly drawn water. Stale water makes stale tea.

# INDIA

Despite the fact that tea actually originated in China, Indian tea is the most popular tea variety drunk across the world and is one of the country's main exports.

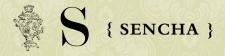


# NUTRITION

Based on a consumption of 4 cups per day, tea is found to contain: 17% of the recommended intake of calcium, 5% zinc, 22% vitamin B2, 5% for folic acid and 5% for vitamin B1 and B6.



Darjeeling is a black tea found in the Indian state of West Bengal and is considered the finest of tea varieties. Hundreds of tons of tea are misleadingly sold under the Darjeeling name every year, with only 100 tons actually being produced from the region.



Sencha teas are most popular in Japan where they amount to approximately 80% of tea production. The initial steaming process separates these teas from Chinese green tea and gives a more raw, grassy taste.



# ≪ OOLONG »→

Oolong is a tea from China and Taiwan, often referred to as Dragon's Tea due to the leaves resembling a dragon when put in a teapot. This variety of tea is one of the world's most expensive and can cost up to \$3,000 per kilo.



RESTING

Resting time for tea is the most important factor as it decides flavour, colour and the amount of caffeine.



# 1883 The Windsor Melbourne



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