



### *The History of Afternoon Tea*

Afternoon tea, that most quintessential of English customs, is a relatively new tradition. Whilst the custom of drinking tea dates back to the third millennium BC in China and was popularised in England during the 1660s by King Charles II and his wife the Portuguese Infanta Catherine de Braganza, it was not until the mid 19th century that the concept of 'Afternoon Tea' first appeared.

Introduced to England by Anna, the seventh Duchess of Bedford, in the year 1840, the Duchess would become hungry around four o'clock in the afternoon. The evening meal in her household was served fashionably late at eight o'clock, thus leaving a long period of time between lunch and dinner. The Duchess asked that a tray of tea, bread and butter and cake be brought to her room during the late afternoon. This became a habit of hers and she began inviting friends to join her.

This pause for tea became a fashionable social event. During the 1880's upper-class and society women would change into long gowns, gloves and hats for their afternoon tea which was served in the drawing room between four and five o'clock.

Traditional afternoon tea consists of a selection of dainty sandwiches, scones served with clotted cream and preserves, cakes and pastries. Tea grown in India or Ceylon is poured from silver tea pots into delicate china cups.

To experience the best of the afternoon tea, indulge yourself with a trip to any of the Elite Hotels where we pride ourselves on maintaining the full tradition of Afternoon Tea in exquisite surroundings, although long gowns and gloves are optional!

# *Tylney Hall at Home*

## *Afternoon Tea*

### **A selection of sandwiches:**

Ham and Chutney

Smoked Salmon and Cream Cheese

Cucumber and Crème Fraiche

**Freshly baked fruit and plain buttermilk scones**  
with Strawberry, Vanilla Jam and Cornish Clotted Cream

**A Selection of 3 Handmade Cakes and Pastries**  
from our talented pastry chef

*A selection of Birchall tea bags for you to brew at home*

**£19.95 per person**

