



# *The High Tea Collection*



***HELEN'S GOURMET KITCHEN***

*Foods free from chemicals, additives and preservatives.*

# High Tea

## *What is High Tea?*

*While in Australia we call it High Tea, in England (where the tradition originated), it is known as Afternoon Tea. Afternoon tea is typically a light meal, served between the hours of 4pm and 6pm. It originated among the wealthy classes of England during the 1840s, but it was only during the latter part of the 19<sup>th</sup> century that the tradition was observed by both the upper and middle classes.*

*During a session of Afternoon Tea, tea was traditionally brewed in a tea pot and served with sugar and milk – this provided additional energy for the working class who generally consumed less calorie-dense meals but held more physically demanding jobs. The labourer's experience of Afternoon Tea was far more modest than that of the upper class and commonly consisted of a small sandwich or a baked snack (such as a scone) that had been pre-packed for them in the morning.*

*For the more privileged, Afternoon Tea was far more luxurious. Sandwiches were customarily filled with ingredients such as cucumber, egg, cress, fish paste, ham, and smoked salmon. The dessert portion of afternoon tea often featured scones with whipped cream and jam, as well as cakes and pastries such as Battenberg cake, fruit cake or Victoria sponge.*



# Our Products

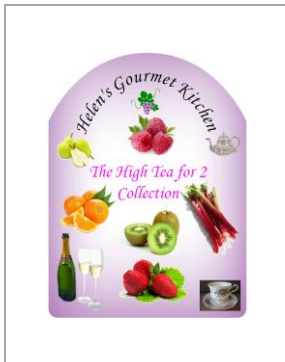
## High Tea Collection for One



*This beautiful gift box contains an exquisite set consisting of a matching small plate, and a cup & saucer.*

*We have also included 1 Silver spoon, 4x40g jars of assorted jams and marmalades, a packet of home baked biscuits and a recipe card for scones, pikelets and mini quiches.*

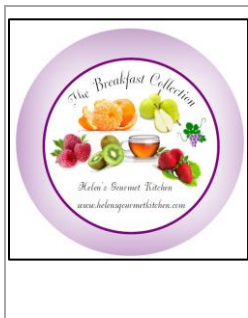
## High Tea Collection for Two



*This beautiful gift box contains an exquisite set consisting of two small plates and two cups & saucers.*

*We have also included 2 Silver spoons, 6x40g jars of assorted jams and marmalades, a packet of home baked biscuits and a recipe card for scones, pikelets and mini quiches.*

## The Breakfast Collection



*Our Breakfast Collection consists of 5 jars of assorted jams and marmalades presented in a beautiful box, that makes the ideal gift for someone special.*

## *Who we are*

- *Helen's Gourmet Kitchen has been producing preserves, chutneys, relishes, sauces and mustards for over 15 years. During this time, we have sold our products to a select group of clientele, who have regularly purchased them for themselves or for gifts.*
- *We have always sold the items individually or packaged into gift boxes. We have now introduced a number of collection packs such as The High Tea Collection and The Breakfast Collection.*
- *Because we create and print our own labels we are able to design labels to suit any occasion for our customers, and we are making a mark in the corporate gift market, due to the uniqueness of our products.*
- *Please have a look at our website, like us on Facebook and contact us, if there is an idea that you would like to explore such as providing small gift packs at a Wedding Breakfast or a High Tea of your own.*

## *Contact Us*

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