

# Steeped in Tea

Chantilly Tea Room & Gift Boutique

## Teas Throughout The Day

With the wide range of teas available to consume, tea drinkers can always find something to satisfy their mood, time of day, season, palate or even the food being served. While there are no hard and fast rules as to the type of tea to be enjoyed at what time of day, following are a few guidelines suggested by authors Jane Pettigrew and Bruce Richardson in their book The New Tea Companion.

**"FIRST THING IN THE MORNING & AT BREAKFAST** choose a strong black tea that gives a gentle dose of caffeine and helps get the brain and body going, such as English Breakfast, Assam, Kenya or Yunnan. These have a

strength and depth that will marry well with the strong flavors of cooked breakfast foods, and with breads and pastries served with preserves and honey.

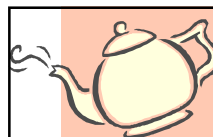
**MID-MORNING & AT LUNCH-TIME** choose a tea that will continue to help you concentrate and perform well through the working day. Any of the morning teas work well, or choose smoky Lapsang Souchong, flavoury Ceylon, China Keemun or Nilgiri. If lunch consists of oriental food, choose a green Sencha or Chinese Chun Mee or Gunpowder.

**AS THE AFTERNOON PROGRESSES** turn to lighter teas that offer a fragrance and gentleness to soothe and calm—perhaps a peachy oolong, a fruity Darjeeling, a lighter Ceylon, any variety of green tea, or a flavored tea such as a mango or peach.

**AT AFTERNOON TEA** choose teas that pair well with the food offered. Earl Grey goes extremely

well with cheese sandwiches or savouries, and with lemon cake or lemon tarts; Darjeeling is excellent with anything creamy so is perfect with scones and clotted cream; Lapsang Souchong is wonderful with smoked salmon or smoked chicken sandwiches; a brisk Ceylon enhances fresh fruit or sandwiches made with cucumber, tomatoes and other salad ingredients; strong Kenya and English Breakfast blends are great with chocolate cakes, rich truffles and chocolate cheesecakes.

**IN THE EVENING** perfect teas are the lighter oolongs, greens and whites. These have less caffeine and offer an elegance and cleanliness that is good after dinner and before sleep."



Join us for a pot of tea.

## Tea Tidbits

### DRINK IT BLACK

A recent article from Bloomberg News expressed that adding milk to tea may cancel out the heart-protective properties found in the camellia sinensis leaves.

Research has found that

antioxidants in tea improve the heart's ability to expand and relax. However, the effectiveness of these pigments to protect the heart is diminished when milk is added. This is due to certain proteins in milk that adversely interact with these antioxidants thus demolishing all the health benefits.

To learn more about tea & health visit website :

[teahealth.co.uk/th/facts](http://teahealth.co.uk/th/facts)

Tea-Mail Newsletter

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*"Steam rises from a cup of tea and we are wrapped in history, inhaling ancient times and lands, comfort of ages in our hands."*

*Faith Greenbowl*

*"There is the size of the leaf:*

*Its unique shape,  
Its unique color,  
Its unique fragrance,  
A taste all its own,  
And it changes...sip by sip.*

*Ron Rubin (Tea Things)*

# WHAT'S NEW? Chantilly's Menu Has Improved.

## New Afternoon Teas on the Menu!

**Piccadilly Tea:** A more filling version of our elegant afternoon tea includes tea sandwiches, scones with spreads, a pot of tea and a choice of a bowl of our homemade soup, romaine delight salad, or our chef's choice salad. \$20.90 (24-hour reservation required.)

**Queen's High Tea:** Take time to enjoy our version of high tea. Includes 4 courses starting with your choice of a bowl of our homemade soup, romaine delight salad, or our chef's choice salad; then assorted tea sandwiches, scones with spreads &

Chantilly Crème, a selection of dainties and sweets, and a pot of tea. Served on an elegant 3-tier. \$24.60 (24-hour reservation required).

**Dessert Tea:** An assortment of bite-size sweets with a pot of tea. \$8.50.

## Bridal Shower

**Tea:** (for private parties) Includes assorted tea sandwiches, scones with spreads & Chantilly Crème with a vanilla or



"The path to heaven passes through a teapot."  
Ancient Proverb

chocolate cake, or Victorian Sponge Cake with keepsake Victorian Cake pulls, served with our Wedding Tea (exotic Mutan White tea blended with rosebuds, lemon and vanilla). \$19.95 per person, \$15.00 per cake (serves 10).

Please ask about modifying any of our teas to be **GLUTEN-FREE, DIABETIC FRIENDLY, or VEGETARIAN.**

For our **Mad Hatter's Tea**, children now have their choice of **HAM, PB & J, STRAWBERRY CREAM, or CUCUMBER** sandwiches.

## "East

Taking tea in China, Japan, or other Western parts of the world provides different experiences. Both the Chinese tea ceremony and the Japanese tea ceremony involve unique traditions that vary greatly from the English style of taking tea.

Join us as local author Lhasha Tizer discusses the special aspects of the Japanese and Chinese tea ceremonies. Hav-

ing recently returned from a trip to tea gardens in Japan,

Lhasha is excited to share her knowledge and love of tea and how to incorporate the sacred into everyday life.

Lhasha teaches classes about tea at Miraval Life in Balance Resort. She is the author of [Tea Here Now](#) with Donna Fellman.

"Each cup of tea represents an imaginary voyage."

Catherine Douzel

## Meets

The menu for the event will feature Japanese and Chinese items typically enjoyed during their tea times.

**Sat. March 3rd 3:30-5:30pm**

\$15.95 per person

Reservations Required

## VALENTINE'S TEA 2007

Treat someone special in your life to our scrumptious Valentine's Tea...**Sat. Feb. 10th 11am or 2pm.** \$26.75 (incl. tax & gratuity) Reservations Required.

We begin with a delicious tea punch & treats on the table.

Sampling of the Menu Includes: (subject to change)

Shrimp Mousse Phyllo Cups, White Cheddar Olive Sandwich, Radish Chive Sandwich, Praline Pavlova Cookies, Cappuccino Swirls, Cream Cheese Spirals, and Carrot Poundcake.



## COUPON

1/2 OFF Lunch!

Buy Any Lunch Entrée and Get

2nd Entrée 1/2 OFF!

(of equal or lesser value)

Expires 3/31/07

Cut out this coupon and present it to your server to receive the discount.

# Join us for our CONCERT DESSERT TEA & New Classes

## NEW CLASSES!

\*Victorian Times & Tea\* A 3-part class that can be taken together or separately exploring traditions of the Victorian era. Together the classes cost \$50.00. Taken individually the costs are: Fan Class \$16.00, Flower Class \$19.00, Art of Writing Class \$25.00.

1. The Language of Fans: Receive your own fan and learn how this instrument was used to transmit messages. We will practice together. Sat. April 14th 3:45-5:45pm
2. The Language of Flowers: Choose flowers based upon their meaning, to design your own tussie mussie floral creation. Sat. April 21st 3:45-5:45pm
3. The Art of Writing: Receive your own

calligraphy pen and learn how to incorporate this beautiful writing into your everyday life. Sat. April 28th 3:45-5:45pm.

### \*TEACUP WREATH CLASS\*

Create your own Teacup Wreath. Teacups and materials supplied by Chantilly. Price TBA.

Fri. June 1st 3:30-5:30pm or

Sat. August 4th 3:45-5:45pm

### \*PAIRING TEA & FOOD\*

Tea is a beverage that pairs well with all types of food. Similar to wines, teas enhance the flavor of certain foods and can be chosen to create a marriage of delightful flavors.

## CONCERT DESSERT TEA

Enjoy the harmonious sounds of harpists Dr. Carrol McLaughlin and her daughter Kelly. As a duo, the two have performed in



Enjoy the sounds of the harp with a repertoire of classical, jazz and well-loved melodies.

Japan, Germany, Indonesia, Spain, Puerto Rico and across the U.S. Their concerts include classical music, well-loved melodies such as "Wind Beneath My Wings," as well as jazz pieces. Dr. McLaughlin is the Professor of Harp at the U of A. Sat. March 10th 7-9pm \$28.75 per person (tax & gratuity included). Reservations Required.

## EVENTS, CLASSES & SPECIAL OCCASIONS

Chantilly's Reading Club: Meets the 2nd Thurs. of every month 3-4:30pm.

Stitch & Scones: Bring your knitting, crocheting, needlepoint, cross-stitch ... and join us for scones, tea and fun conversation. 2nd & 4th Tues. of every month. 3:30-5:30pm.

Beginners Welcome!

Tea Etiquette Classes: Learn about the customs & courtesies associated with afternoon tea. MOTHER DAUGHTER TEA ETIQUETTE Sat. May 5th 3:45-5:45pm. \$24.75 (tax & tip incl.) Res.

"The spirit of the tea beverage is one of peace, comfort, and refinement."

Arthur Gray

AWESOME CLASS! Broken China Mosaic Frame Class: Create a beautiful & unique broken china mosaic frame. All supplies & iced tea included in cost. Classes will be held on 2 consecutive days. \$30.00 per person is total for both classes. Reservations Required. Sat. May 19th & Sat. May 26th 3:45-5:45pm, or Wed. Aug. 22nd & Thurs. Aug. 23rd 3:45-5:45pm

## Looking Forward...

Language of Tea Tasting Sample a variety of teas w/ scones and learn professional tea tasting terminology. \$13.39 per person (tax & gratuity included). Res. Req.

Thurs. March 22nd 3:30-5:30pm; or Sat. June 9th 3:45-5:45pm

Doll & Teddy Bear Tea Come & enjoy a tea party with your favorite doll or teddy bear...For all ages. \$22.82 (tax & gratuity incl.) Sat. June 9th 3-5pm

MOTHER'S DAY TEA on Mother's Day Sunday!

Join us for our special Mother's Day Tea actually on Mother's Day this year. \$26.37 (tax & gratuity incl.) Delectable Menu, Favors, and more!

SUN. May 13th 11am or 2pm sitting.

Reservations Required.



Tea Parties Warm the Heart.

### American Girl Tea

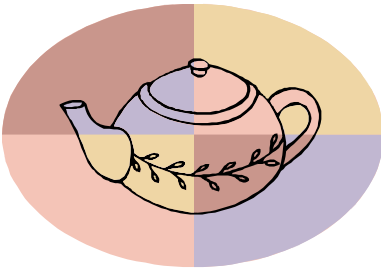
Chantilly is having our 1st American Girl Tea on Sat. July 14th from 2:30-4pm. Please join us for this special tea time event.

Price & Menu TBA.

## Chantilly Tea Room & Gift Boutique

5185 N. Genematas Drive  
Tucson, AZ 85704  
(520) 622-3303  
chantillytearoom.com

Tues.-Sat.: Gift Btq. 10-6pm  
Lunch 11-3pm Walk-ins Welcome  
Afternoon Tea 11-4pm Res. Req.



The pleasures of afternoon  
tea...homemade lunches  
too!

### THE VICTORIAN CUCUMBER SANDWICH

One 12-inch cucumber      Salt

1 tablespoon olive oil      1 tablespoon lemon juice

Scant teaspoon sugar      Freshly ground white pepper\*

*The cucumber must be cut as thin as possible, using a mandolin or food processor. Very lightly salt the slices and leave them to drain in a colander, lightly weighted with a plate, for 2 hours or so, pressing from time to time to get rid of the excess juices. Combine the sliced & drained cucumbers with the oil, lemon juice, sugar & a dredge of the pepper. Spread thin slices of white or brown bread with creamed butter. Fill at the last possible moment to prevent sogginess.*

*\*Black pepper can be used; it just is a short move away from authenticity.*

*Taken from The Afternoon Tea Book by Michael Smith*

Visit our website to view our new event & class schedule...this winter schedule is filled with delightful activities.

## Tea Time Entertaining

### KEEPSAKE MENUS

*The keepsake menu is a memento that has been appreciated since the Victorian era. Hostesses treasured this special remembrance as a way for their guests to home a memory of the occasion.*

*To create your own keepsake menus, use stronger cardstock such as note cards. Include on each menu a detailed description of each course along with the date. If desired, a quote or private message can be added as an enchanting afterthought. Place menus directly on the plates, bound in a cover, or using parchment style paper, can be rolled in a scroll and tied with a ribbon.*

*Although you can use a printer, to hand write the menus is more personal. Try using a form of calligraphy.*

### TEA & ETIQUETTE

#### "SUGAR COMES FIRST"

When desiring to add milk and sugar to your tea, add the sugar first as it will dissolve faster when the tea is still hot.

When desiring to add sugar and lemon to your tea, add the sugar first so that the citric acid of the lemon does not prevent it from dissolving.

*Tucson Symphony Women's Association "HEARTS & FLOWERS" 2007 Fundraiser.*

*Chantilly is participating in TSWA's fundraiser by donating a table for the "Tables for Tunes" silent auction. Our tea time table will feature china, linens, tea accessories and tea & goodies.*



Hearts & Flowers Fundraiser  
February 14th 4-7pm  
Stillwell House  
134 S. 5th Avenue

*The fundraiser is designed to raise money for underprivileged children to attend a music program where they receive books, instruments, and instruction.*