

Appetising Fare



The Edwardians knew how to picnic in fine style.
Capture the flavour with these menu ideas

...at least half the success of a picnic depends upon the providing of daintily packed and appetising-looking fare... and the invention of cardboard plates and dishes has greatly simplified picnicking'. (Every Woman's Encyclopaedia, 1910)

Edwardian picnics often featured cold roasted meats.

- Pack slices of cold, roast beef, chicken, ham, pressed ox tongue, baked meatloaf or pork pie, wrapped in greaseproof paper.
- Vegetarian pasties would be a good alternative.

Pickles and chutneys add spark to cold meats and can be carried in small jars.

A crusty loaf and bread knife can be wrapped in a clean linen tea towel. Butter keeps cool wrapped in greaseproof paper and cabbage leaves.

Wrap hard boiled eggs and sandwiches into pleasing greaseproof paper twists. Fillings could be dainty or hearty.

- Potted meat or pate with chutney
- Egg mayonnaise with watercress

Finish with a dainty Strawberry Cream Tart and chilled home-made lemonade.

Simple Strawberry Cream Tarts

Roll out a block of ready-made shortcrust pastry, cut into circles with a biscuit cutter and line a 12-cup bun tin.

Cover each pastry circle with a square of greaseproof paper and fill with uncooked rice.

Bake in pre-heated oven at 180°C (160°C fan) Gas Mk4 for 20 minutes. Remove rice and paper and allow to cool completely.

Whip 1/2 pt double cream until quite stiff and stir in 2 tbs lemon curd.

Fill tart cases and arrange sliced fresh strawberries prettily on top.

Glaze with 4 tbs smooth strawberry jam, beaten until smooth and runny.

Chill and pack in a flat tin.

Homemade lemonade

Thinly pare the zest from 4 unwaxed lemons and place in a jug.

Cut away white pith, slice lemons and remove pips.

Add to jug with 12 tbs of sugar and 2 pints boiling water.

Stir and allow to cool completely.

Strain into clip-top bottles and chill.



Essential Edwardian Picnic Equipment

- A sturdy basket
- A thick rug to sit on
- A checked tablecloth
- A straw hat
- And a pot of English Mustard