

Knowledge of the processes involved in making cakes and biscuits was assumed. My grandmother's recipe books - handwritten in ink - give a list of ingredients, followed by "cream b & s, etc."

Young women seem to be reviving afternoon tea as a social occasion and in Wellington you can hire everything from teapots, tea sets to teaspoons.

Alexa Johnston's two books *Ladies, a Plate* and *A second helping* reflect our history and make these recipes more accessible to young people who haven't learned these skills.

[Alexa has an interesting website](#) , with lots more interesting recipes you might like to try.