

Entertaining in Style

NANCY ASTOR and NANCY LANCASTER

Table Settings, Recipes, Flower Arrangements, and Decorating



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RIZZOLI
NEW YORK



Mrs Gibson's Iced Tea

Prep time: 20 min
Chilling time: 30 min

8 tablespoons (45g) Indian tea leaves such as Assam or Darjeeling
4 tablespoons sugar
Juice of 1 lemon
Juice of 3 oranges
Approx.. 825ml ginger ale (optional)
Lemon slices
Sprigs of mint
570ml iced water
Plenty of ice cubes

Named for Irene Gibson, elder sister of Nancy Astor, and Nancy Lancaster's aunt, who was a noted beauty and the inspiration for her husband Charles Gibson's creation 'The Gibson Girl'. This was an iconic representation of the beautiful and independent Euro-American woman at the turn of the 20th century. This recipe for Iced Tea quickly became a favourite alternative to the much blander lemon barley water found at tennis teas and garden parties.

Put the 8 tablespoons of tea leaves in a large pan. Pour over 1.2 litres of boiling water. Add sugar, stir well. Squeeze the juice of the lemon and oranges and pour it through a sieve or colander filled with ice cubes. Strain the tea over ice cubes as well and add to the juices. Add 570ml of iced water and put in the fridge to chill.

"I pour it over ice cubes in tall glasses, adding half as much ginger ale just before serving, and garnish with lemon slices and sprigs of mint." Nancy Lancaster.