

TEA in your kitchen

Let your creativity run wild in the kitchen
with limitless range of tea and herbs!



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Expand Your Tea Menu

If you were asked to describe “a cup of tea”, what kind of picture would you paint? A white fine porcelain cup filled with black tea and a little jug of milk on the side, or perhaps a tiny white clay cup serving Chinese green tea? Would you ever think, this humble brew can be added to your favourite scone recipe or fuel up your summer day cocktail?



Tea is truly a versatile ingredient. We all know tea as a beverage, but it was originally used as a medicinal herb thousands of years ago and since then many cultures have adopted tea into their cooking. For example, in Tibet, tea is consumed like a soup, served with butter and salt to compliment their predominantly tea-based diet. In Japan, tea liquid is mixed with a thin stock and poured over rice to make a simple quick meal.

If cooking with tea somehow rubs against your “culinary grain”, just think this: if it is good enough to drink, it is good enough to eat!

Are all teas suitable for cooking

The short answer is no. Why? Because some tea has such a delicate taste that its taste will totally disappear once other flavours are added. One good example is Silver Needle white tea, which has such a light dewy taste that it really should be enjoyed by itself.

The other end of the tea-in-cooking spectrum is probably tea that suits cooking better than drinking! By that we mean the green powder tea, Matcha. Matcha is a flour-like grounded green tea which has a very strong taste and is traditionally used in the Japanese tea ceremony. So the best way to enjoy this antioxidant powerhouse is to add it to dishes, or drinks. Just

a tiny spoonful of Matcha can add a fusion touch to your vanilla milkshake, cookies or waffles.

What is the best way to use tea in cooking

There are two main methods to use tea in cooking:

1. Replace the liquid component in the recipe with strong tea (stock). For example, when making scones, replace normal milk with oolong-infused milk before mixing with other ingredients. The infusion method obviously suits recipes with a fairly substantial liquid component. Make sure the chosen tea has a strong taste - such as a black tea or fruit infusion - and that it's made double strength.
2. Grounded tea – this gives a burst of tea flavour in your dish. Simply ground the tea leaves with a mortar and pestle and add them according to the recipe. As tea is not normally eaten with leaves, one should be aware of its concentrated dose of caffeine. For example in the Green tea hashbrown recipe, the green tea taste is quite subtle and one would be tempted to add more green tea in the recipe. Don't go overboard with this– the more tea leaves you add, the more caffeine you add!

So what you are waiting for? Arm yourself with your favourite tea and charge to the kitchen!

MOCK PINEAPPLE SANGRIA

Makes 1 glass

Half a glass pineapple juice, chilled

Half a glass Carnival fruit infusion,
made double strength and chilled

a small handful of mixed berries, frozen or fresh
a handful of dark grapes, muscatel desirable

Pour in Carnival fruit infusion into ice cubes trays,
drop in a few berries pour ice cube. Freeze.

When the ice cubes are ready, drop 3-4 cubes in a
glass, pour in chilled pineapple juice and remaining
berries and grapes. Serve stirred.





Chai latte?

Have you tried it? Some cafes are serving chai latte and some cafe owners don't even know Chai is actually a tea!

Chai latte commonly found is kind of like a sweetened "spiced milk". It usually involves using powdered or syrup chai mixed in hot milk.

But if you have tried the real chai tea, I dare say it is pretty hard to go back to the "imitations".

Traditional Chai

Chai, the Indian version of the milk tea, is essentially a sweetened black tea with milk and spices.

It involves black tea leaves boiled for hours in a large pot with water, then adding spices such as cinnamon, cardamom and ginger, then "cook" some more and finish with a thick milk such as

goat's milk. The grand finale is piling on the sugar!

Chai Latte the Quick Way

Either chai tea leaves brewed in milk, or 1/3 chai black tea mixed with 2/3 hot milk like a coffee latte.

Place about 3 teaspoons of chai tea leaves per person in a teapot, add hot water. Steep for at least 10 minutes. Add 1 big tablespoon of raw sugar, stir to dissolve. Add milk to taste.

Chai Granita

Once the chai is made (milk & sugar already added), place the infusion in the freezer until almost entirely frozen. Then place the frozen chai in a blender and whiz till slushy. Great summer drink!

CHAIFFOGATO

This is so easy to make and so tasty – make it to impress your friends or indulge yourself!

Serve 1 chai lover

1 cup of very strong Chai

1 scoop of vanilla icecream

Little bit of honey to taste

Cinnamon and/or

Drinking Chocolate to sprinkle

To make very strong Chai, we recommend placing 2 tsp of Chai in a saucepan with 1 cup of boiling water. Boil the Chai for 5 minutes and drain. (Alternatively infuse same amount of Chai for 15 minutes or longer in a teapot)

Place icecream a short glass, pour in hot Chai. Stir in a little bit of honey if desirable.

Sprinkle cinnamon or drinking hot Chocolate. Ready to indulge!



MOJO

This is recreated from the fond memory of a rich thickshake found in Auckland (New Zealand) many years ago. The recipe is for 2 glasses of milkshake. Alter the amount of milk and ice to reach your desired consistencies. Great for the hot summer morning when you need some substance but don't want to eat.

Makes 2 glasses

- 1 very ripe large banana
- 3 tbsp honey
- 2 tbsp walnut, roasted
- 1 1/2 tbsp tahini or sesame paste
- 300ml cold milk
- handful of ice
- 200ml strong puerh tea (about 1 heap tbsp tea leaves, brew for 2 minutes)

Put all ingredients in a blender, Whizz till all well mixed.

Drizzle some extra honey on the side of 2 tall glasses, pour in milkshake.

Decorate with a sprinkle of roasted sesame seeds or pastachio if desired.

Ready to enjoy.



RUSSIAN SPY IN GINZA

Try this refreshing cocktail with an Asian twist! Great for summer parties.

Make 1 glass

1 shot Vodka

1 slice Lime

1/2 tsp sencha (Japan)

1 tbsp Lime juice

Crushed ice

Infuse Sencha in 200ml hot water. Wait for it to get cool.

In a tall glass, place crush ice, lime juice and vodka.

Add sencha and decorate with sliced lime.



ARABIAN NIGHT

Think herbals are too “herbie” for you? There are actually a range of herbs that are very versatile and tasty! Try this summer thirst quencher with rooibos, the national drink of South Africa!

Makes 1 glass

1 cup Rooibos infusion

1 cup of mixed berries and black grapes

1/2 tsp raw sugar

Place the cup of mixed berries and grapes in two glasses. Freeze overnight.

Infuse 1 tsp Rooibos with boiling water, add raw sugar. Chill 4 hours.

Place the iced berries and chilled rooibos in a blender, whizz till slushy and return to the chilled glasses. Enjoy!



STRETCHED ALMOND TEA

Stretched tea, sometimes called pulled tea, is a signature beverage from Malaysia which tips the tea from one jug to the other to aerate tea. Its effect is similar to the adding hot steaming air into milk to make smooth hot frothy milk.

Sweet Almond tea has just the aroma and taste fantastic for making stretched tea. Really yummy! Good party trick (do it when you are sober)!

Makes 2 cups

3 heap tsp Sweet Almond black tea

1/4 cup milk (evaporated milk preferred)

2 teapots / jugs

1 tsp sugar optional/ to taste

Make the strong tea in one teapot with Sweet Almond tea.

Infuser for 5 minutes. Add sugar if needed. Strain and pour milk into tea from an arm's height.

This will get messy, so do it in the kitchen sink. From one jug pour the tea into another jug from arm's height again.

Pour tea back and forth between two jugs for at least 5 times in good speed. This will froth up the tea.

Once this aeration is done, pour into two glasses to serve.



BLUE CHEESE WITH MATCHA

Add an Asian touch to this attractive looking entree!

Makes 4 pieces

100g blue cheese

1 tbsp matcha

1/2 tsp osmanthus flowers

1 dried apricot

Soak osmanthus flowers in a tablespoon of warm water to soften. Drain.

Cut blue cheese into 2cm cubes and dust with matcha to form a thick layer on top.

Place dusted blue cheese on serving plate.

Garnish the dusted blue cheese with thin slices of dried apricot and some of the softened osmanthus flowers.

Serve straight away as an entrée or as an after-dinner snack.



OSSO BUCCO IN PU-ERH

An alternative to your Sunday roast!

Pu-erh and beef has long been a pair in Chinese cooking. Pu-erh is a dark earthy tea that is known for its digestive properties. Many tea drinkers follow the ritual of a cup of pu-erh after dinner to reduce cholesterol and help managing weight.

Serves 2-4

- 1 tsp minced garlic
- 1 tbsp oil
- 1 tsp sesame oil
- 1 large piece Osso bucco
- at least 900 ml Pu-erh freshly brewed (use about 5 tbsp Pu-erh)
- a pinch of salt
- 2 small onions, cut into large rings
- 1 carrot, cut about 3cm thick rounds
- 2 tbsp soya sauce
- 1 tsp sugar

Put oil in a large saucepan or pot, when hot add garlic. Stir a little till fragrant, add osso bucco. Brown all sides. Then add pu-erh to just cover the top of the osso bucco. Cover and when the liquid boils, reduce heat to medium. Cook for about 2 hours, keeping an eye on the liquid. When it is reducing to half, top it up with more pu-erh till it covers the meat. Reduce the heat to low. Continue to simmer.

When you can put a fork into the meat, then add soya sauce, salt, sugar, onions and carrot. Cover and simmer for another half hour. Turn off the heat and let the meat rest in the pot for 10 minutes.

Serve with large hot roasted potato cubes.



GREEN TEA HASHBROWN

Makes 10 hashbrown

- 4 medium size potatoes
- 2 tbsp jasmine green tea, grounded finely
- 1 tbsp flour
- 1 egg
- salt and pepper to taste

Peel and grate the potatoes into a large mixing bowl. Squeeze out all the water, allow to rest for five minutes and squeeze out any excess water that may have come out of the potatoes during resting (the more water squeezed out, the crispier the hashbrowns will become). Add rest of ingredients and mix together.

Shape hashbrowns into palm sized discs and fry in a hot oiled saucepan over medium heat until golden brown and crispy on both sides.

Serve with your favourite diced vegies or, bacon and eggs, coupled with a nice cup of jasmine green tea or cinnamon apple black tea.



MATCHA AND CINNAMON MARBLED CAKE

A quick and easy dessert to make that will impress your guests.

Makes 1 pound cake

1 packet of standard white cake mix (and ingredients used according to manufacturer's instructions)

1 heap tsp matcha

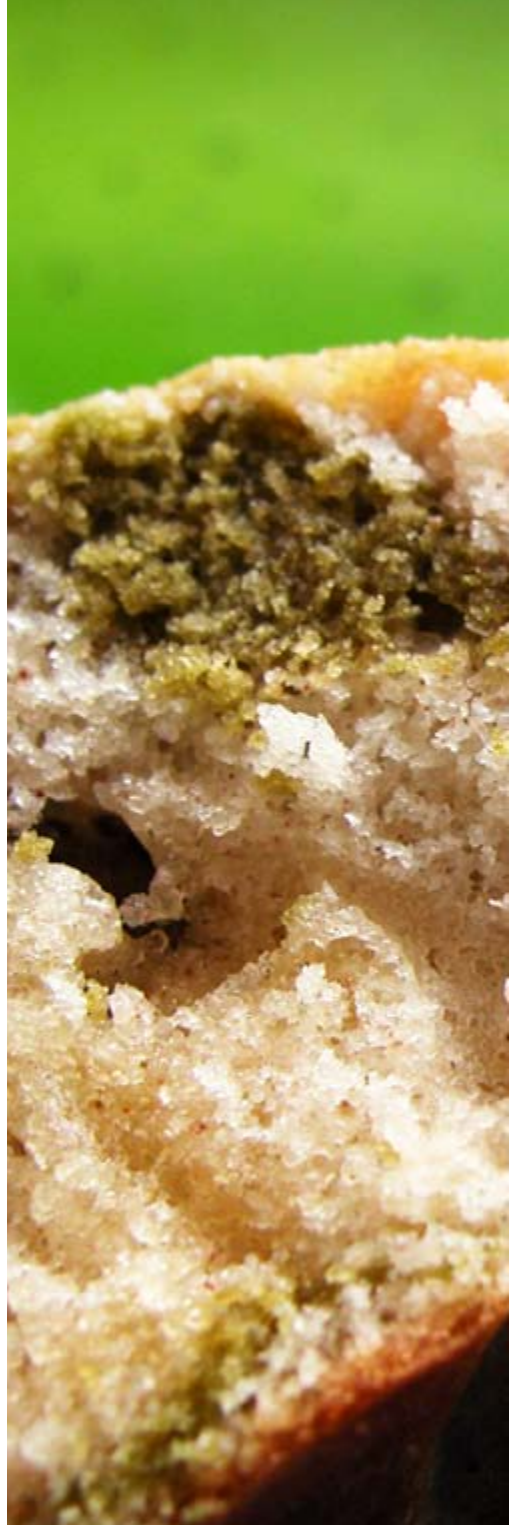
2 heap tsp cinnamon

Mix cake mixture according to manufacturer's instructions.

Spoon $\frac{1}{4}$ of batter into a small bowl. Add matcha. Mix well. With the remaining batter add cinnamon and mix well.

Line or grease the baking tray. Pour in the cinnamon batter. Then pour in matcha batter. Use a toothpick to draw long swirls in the batter. Bake according to manufacturer's instructions.

Serve warm with a nice dollop of cream or scoop of ice-cream.



CHAI APPLE & MANDARIN CRUMBLE

Apple crumble needs not to be heavy and doughy. Let's enjoy a crunchy top made with muesli and some hot spicy apples in this light desert!

Serves 2

Filling

1 medium size green apple

1 to 2 Mandarins

1/2 tbsp Chai

1/2 tbsp brown sugar

Crumble

1/2 tbsp chai

2 tbsp brown sugar

2 tbsp plain flour

25g butter

4 tbsp muesli

To make filling, peel, core and slice apples. Lay the apples down into 2 greased single serving baking dishes. Remove outer skin and the inner white skin from mandarin, laying the mandarin flesh on top of the apple slices. Mix together the brown sugar and chai. Sprinkle mixture evenly over fruit filling.

To make topping, in a medium size bowl, mix the sugar, chai and flour together. Melt the butter and pour into the dry mix. Pour butter into mixture and rub the dough between fingers to get a crumbly texture. Add in muesli and lightly mix together. Place crumble lightly over the fruit filling and bake in a pre-heated oven for 30 minutes at 200°C.

Serve with slices of apples and pears and a hot cup of Ceylon OP or Citrus Amber black tea.



LAVENDER ICECREAM

The aromatic lavender makes a plain custard based icecream almost magical. Perhaps it brings back the sweet childhood memory...by a lavender cottage...

Make 1 litre icecream

- 1 cup (250ml) thicken cream
- 1 cup (250ml) milk
- 4 egg yolks
- 1/2 cup caster sugar
- 3 tsp lavender
- 1 tsp lavender optional for garnish#

Combine milk and cream in a saucepan. Bring the mixture to simmering point over low heat.

Add 3 tsp lavender to the mixture, stir well and let it simmer for another 5 minutes. Then turn off the heat, cover the saucepan for another 5 minutes for the lavender to infuse further.

Whisk egg yolks and sugar in a large bowl until light and creamy. Gradually whisk in egg yolk mixture into the hot milk in the saucepan until well combined.

Stir constantly with a wooden spoon, over low heat until mixture thickens and coats the back of the spoon without dripping. Do not allow the mixture to boil or it will curdle.

(optional step)Pour the icecream mixture through a fine seive and use a tablespoon to press the icecream mixture through. Discard used lavender.

Transfer the mixture to a bowl. Allow to cool, then into the fridge to chill for at least several hours covered.

Pour the chilled mixture into the icecream machine and churn according manufacturer's instructions. (It takes the Sunbeam Gelateria machine about 10 minutes to churn)



Suggestion: add about 2 tsp lemon juice to the icecream mixture before churning to mellow out the lavender taste a little bit.

garnish: If you have taken the optional step of pouring the icecream mixture through the seive, you can add back the 1 tsp fresh lavender in the icecream mixture during churning.

LEMON TEA BISCOCCI

Tea is a wonderful addition to many otherwise heavy baked delights! It just seems to have the subtle magical power to make everything taste lighter!

Makes 12 biscotti

470 g all-purpose flour

1 tsp baking powder

a pinch of salt

200 g granulated sugar

225 g butter or margarine, softened

4 eggs

1 tbsp grated lemon peel

2 tbsp lemon tea leaves, grounded

30 ml double strength lemon tea, cooled

Preheat oven to 180°C. Lightly grease two baking sheets.

Combine flour, baking powder and salt in medium bowl.

Beat sugar and butter in large mixer bowl until light and creamy. Beat in eggs one at a time, beating well after each addition. Stir in lemon peel and lemon tea.

Shape dough into two 5cm diameter logs and place on baking sheets. Bake for 20 minutes or until wooden pick inserted in center of each log comes out clean.

Slide logs onto cutting board and cut diagonally into 1cm-thick slices. Return to baking sheets cut side down.

Bake, turning biscotti over halfway through, for 20 – 25 minutes or until golden brown. Remove to wire racks to cool completely.



PEPPERMINT MERINGUE

Peppermint gives this classic sugary number a new life. Totally easy to make. Goes well with a cup of green tea or icecream.

Make 12x 10cm rings

4 egg whites

1 cup sugar

1 tsp peppermint

Preheat oven to 110°C.

In the bowl of your electric mixer, with the whisk attachment, beat the egg whites and sugar on until the meringue holds very stiff peaks.

With dry fingers, rub a little bit of the dry peppermint leaves between your thumb and index finger until it becomes fine powder and drop it into the meringue mixture. Repeat the same process till all the peppermint leaves are added.

Turn on the electric mixer again and whisk lightly so the peppermint is lightly combined with the meringue mixture.

Lined baking tray with baking paper. Use a clean tablespoon, spoon the mixture onto tray, creating rings around 10cm diameter.

Place in oven and bake for about 45 minutes. The meringues are done when they are pale in color and fairly crisp. Turn off the oven, open the door a crack, and leave the meringues in the oven to finish drying for an hour before transferring them into a clean dry airtight tin or jar.



RECOMMENDED FOR COOKING



Black Tea: Fully fermented tea which produces a dark brew with strong aroma and taste. Suit recipes requires ground tea or tea liquid.



Fruit Infusion: A little raw sugar or honey will enhance the taste. Thicken the infusion with sugar and a little jam to make a syrup for waffles or icecream! Yum!



OK FOR COOKING



Green Tea: Tea liquid makes a delicate broth for white meat dishes and suits recipe requires short cooking time. Matcha, the green tea powder, is one of the most versatile and easy to use tea in cooking.



Herbal Infusion: Nettle great for soup, wolfberry for thinner soup or replace raisins in muffins or cookies. Or perhaps lemongrass infused lemonade? The possibilities are endless!



Pu-erh: Stored for years after the tea leaves are made. It has long been used in China for digestion and great stock to make stew to brew down the grease, such as osso bucco.



Oolong: Great addition to doughy recipes like scones to make them lighter. Better suits recipes require ground tea. An oolong jelly is a great simple finale to a dinner party.