

## HOW TO MAKE ICED LEMON TEA

1. Brew a teapot of delicious tea, and for lemon ice tea I suggest a combination of SHERSTON TEA COMPANY's China White Monkey (3 teaspoons) & ASSAM TGFOP2 (1 teaspoon) per large teapot. See below for brewing instructions

### **GREEN TEA**

To make Green tea boil water and leave to cool for around 1-2 minutes or use water at 158F - 70C. Boil always freshly drawn water either from tap or once it has been through a filter as if you use water that has already been boiled in a kettle it reduces the oxygen content in the water. The warm cup method is very good for making Green Tea, as you are less likely to find the tea is bitter with this method, as the amino acids that give the tea its flavour dissolve at a lower temperature than the tannin and the tea will taste sweeter. It is really important not to let the tea brew for over 3 minutes or to leave the leaves in the teapot. It is possible to use the leaves again but you must take out all the water and fill the teapot again with fresh water. As a guide infuse 1-2 teaspoons of Green Tea per cup for up to 2 -3minutes depending on the strength you enjoy.

Take care not to pour boiling water on to the leaves as this will scald the leaves and stop the leaves from releasing their flavour and damage the delicate flavour. It is important for the leaves to open and release the delicate aromas and taste, drink immediately and do not let the tea over infuse as it can become strong and slightly bitter if left too long.

### **BLACK TEA**

To make Black tea boil water and leave to cool for 30 sec -1 minute or use water at 203F - 95C. Take care not to pour actual boiling water on to the leaves as this will scald the leaves and damage the flavour. It is important to use good fresh filtered water and to allow time for the leaves to infuse releasing their fragrance and flavour, after pouring (it can be a benefit to use porcelain cups or mugs) drink immediately and do not let the tea over infuse as this can make the taste too strong and slightly bitter. Use either the warm cup or two tea pot methods as described for White Tea, you can use the leaves to brew a second pot but will have subtle changes in taste and aroma

As a guide infuse 1-2 teaspoons per cup for up to 3 - 4mins for depending on the strength you enjoy. Can be drunk with milk and sugar but if you are using a good single estate or first /second flush or a black tea which is flavoured with fruit or flowers then drinking it without milk is highly recommended.

2. Infuse for 3-4 minutes
3. Remove tea leaves
4. Allow to cool
5. Pour tea into a large jug and add 4 teaspoons of sugar, honey or sweetener to taste
6. Add 3- 4 sliced fresh lemons.
7. Pour over 2 cups cool filtered water. This water should be added to taste as it will dilute the taste.
8. Chill in the refrigerator

Serve in a tall glass with ice cubes and garnished with a lemon slice drink and enjoy!

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## HOW TO MAKE ICED MINT TEA

1. Brew a teapot of delicious tea, and for mint ice tea I suggest a combination of SHERSTON TEA COMPANY's MORNING DEW white tea (3 teaspoons) & JAPAN SENCHA (1 teaspoon) per large teapot. See below for brewing instructions.

### WHITE TEA

To make White tea boil water and leave to cool for around 1 - 2 minutes or use water at 185F - 85C.

Take care not to pour boiling water on to the leaves as this will scald the leaves and prevent them from opening and releasing all their delicate flavours and aromas. It is important to use good fresh filtered water and to allow time for the leaves to infuse and open releasing their fragrance and flavour. After pouring do not let the leaves stew in the remaining water, rather drain off all water and reuse the leaves by pouring new fresh boiled water for a second brew, this brew can have subtly different characteristics in taste and flavours. The Chinese have often regarded the second brew as the best! Do not let the tea over infuse as this can make the taste too strong and slightly bitter.

As a guide infuse 1-2 teaspoons of White Tea per cup for 1 - 3 minutes depending on the strength you enjoy.

There are two good methods for brewing tea; one is called \*the two tea pots method\* and the second \*the warm cup method\*

\*\*Use the first teapot to brew the tea and when it has brew for the required time pour into a second warmed tea pot making sure you strain out all the tea leaves.

\*\*The warm cup method is as follows pour fresh boiled water into a teapot and from the teapot pour into the required number of cups, then place the tea in the empty but warmed teapot, finally pour back the water from the cups and let the tea brew, not only do you have the exact amount of water needed but it is at the perfect temperature!

Whilst it is not essential to use porcelain cups for drinking tea it helps! It can be no coincidence that the Chinese produced the earliest, finest and most delicate porcelain and tea of outstanding quality, both are still held in high regard and combining the two does justice to both. So it is recommended to use porcelain cups or mugs to drink these fine white teas from, and brew in a porcelain teapot that way you get the full potential both in flavours and aromas

2. Remove tea leaves
3. Allow to cool
4. Infuse for 3-4 minutes
5. Pour tea into a large jug and add 4 teaspoons of sugar, honey or sweetener to taste.
6. Add 3- 4 fresh mint leaves.
7. Pour over 2 cups cool filtered water. This water should be added to taste as it will dilute to strength.
8. Chill in the refrigerator

Serve in a tall glass with ice cubes and garnished with mint leaves drink and enjoy!

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