

tea recipes

liquid sugar

Forget cubes, granules and packets: There's nothing worse than trying to dissolve sugar in an ice-cold drink! Try this no-brainer recipe instead.

1 cup sugar
1 cup water

Combine sugar and water in a bowl; cover with plastic wrap. Microwave on high for 3 to 4 minutes, or until water boils. Stir well to dissolve sugar and let cool. Pour into a pitcher and serve alongside teas. (Will keep in the refrigerator for at least a week.)

iced mint tea

serves 4

This recipe can be used on any of the herbal teas. Sit back, relax, and soak up the sun!

4 sprigs fresh mint
freshly squeezed juice of 2 oranges and 4 lemons
4 cups of freshly brewed tea: **mint to be**
1 small piece fresh gingerroot, shredded
2 cups liquid sugar

Combine the fruit juices and the strained tea.
Add the ginger.
Strain and chill for at least one hour.
Serve tea with plenty of ice alongside liquid tea. Allow guest to sweeten to taste.
Garnish with mint leaves and a slice of orange.

earl grey latte

1 serving

3 teaspoons loose tea: **earl grey cream**
1 cup water
½ cup steamed milk
½ teaspoons sugar

Steep tea in water and add to steamed milk.

basic scones

Makes 1 dozen

Anytime is a good time for scones. A British favorite has made its way to the United States and become an instant hit. Try adding cranberries, cinnamon, or blueberries for a unique flavor on this traditional recipe.

2 cups flour
1 tablespoon baking powder
2 tablespoons sugar
½ teaspoon salt
6 tablespoons butter
½ cup buttermilk
1 lightly beaten egg

Mix dry ingredients.
Cut in butter until mixture resembles cornmeal.
Make a well in the center and pour in buttermilk (you can substitute regular milk).
Mix until a soft elastic dough is formed.
Roll the dough into a circle of approximately 1 inch in thickness.
With a knife, score the dough into eight wedges.
Brush with egg for a shiny, beautiful brown scone.
Bake at 425 ° for 10 - 20 minutes, or until light brown.

curried chicken salad tea sandwiches

serves 36

This twist on the traditional chicken sandwich will take your tea party to slightly exotic direction.

2 cups chopped, cooked, boneless, skinless chicken breast
½ cup chopped celery
1/3 cup fat-free mayonnaise
1/3 cup raisins
3 tablespoons chopped scallions
2 teaspoons curry powder
1/8 teaspoon salt
A few drops of hot pepper sauce
18 slices white, wheat or pumpernickel bread

In a medium bowl, stir together all of the ingredients except the bread.
Evenly distribute the curried chicken mixture on 9 slices of bread.
Top each sandwich with the remaining slices of bread.
Trim the crusts, and cut sandwiches into quarters.



jasmine tea pound cake with ginger

serves 12

One slice for you. Eleven for me! This is an easy recipe that you can make over and over again. The cake will be a hit every time you serve it!

Canola oil spray
1/4 cup loose green tea leaves: **green caramel or jasmine blossoms**
2 cups all-purpose flour
2 teaspoons ground ginger
1 teaspoon baking powder
1 teaspoon salt
1/4 teaspoon baking soda
Zest of 1 small lime
4 eggs
1 cup sugar
3/4 cup canola oil
2 tablespoons fresh lime juice
2 teaspoons vanilla extract

Place rack in lower third of oven and preheat oven to **350 degrees**.
Lightly oil a 9-inch loaf pan with canola oil spray, then line bottom with waxed or parchment paper.

Using a blender, food processor, or nut grinder, pulverize tea leaves as fine as possible, preferably into a powder.

In a large bowl, sift together flour with the powdered tea, ginger, baking powder, salt and baking soda. Stir in the lime zest.

In a separate large bowl, beat the eggs, first at low/medium speed to blend, then at high speed until light in color.

Slowly add sugar, beating after each addition, until mixture becomes thick, pale and creamy.

At high speed, gradually beat in the oil, lime juice and vanilla.

Fold in the dry ingredients, 1/3 at a time, until just well-blended.

Transfer batter to the prepared pan and bake until a toothpick inserted in the center comes out clean, **about 50 to 55 minutes**. (If edges of the cake begin to turn dark brown before the bread is done in the center, lightly cover top of loaf with foil to avoid overbaking at the perimeter.)

Remove the pan from the oven. Place the cake on a rack for 10 to 15 minutes, or until cool enough to handle. Remove cake from the pan, peel off paper and allow to cool completely on the rack.

Serve with whipped cream and fresh berries.