Published on *Saladmaster Recipes*
(https://recipes.saladmaster.com)

Tea Time



It has been said, 5,000 years ago some tea leaves fell into a Chinese Emperor's boiling pot of water and the rest is history. Tea is the most popular beverage in the world next to water.

There are five major categories of teas: black, white, green, yellow, and oolong. All tea comes from an evergreen plant – Camellia sinensis. Decaffeinated tea can be either tea that is naturally caffeine-free or tea that goes through a decaffeinating process. Tisan, or herbal tea, is a category for any non-caffeinated beverage made from the infusion of herbs, spices or other plant material in water.

Teas come as loose leaves or in tea bags. Tea bags range in size containing on average approximately 2 grams, or .07 ounces, of loose tea. Loose teas can be used as-is or placed in tea leaf infusers, such as a loose tea spoon or mesh ball.

Any tea can be served hot or cold but most experts contend that beginning with cold, fresh, purified water for boiling produces the best tasting cup of tea and once the water is boiled do not re-boil. Using the Saladmaster 316Ti stainless steel tea kettle keeps that fresh water tasting fresh.

When steeping cover the cup, pot or kettle during the entire time of steeping.

Tea presents an amazing variety of ways to enjoy the calming warmth or invigorating coolness. Use your Saladmaster Whistling Tea Kettle to make the following recipes that can bring zest to any gathering or the soothing relaxation of quiet time.

Mint Tea Punch
Apple Iced Tea
Lavender Basil Tea with Lemonade
Fancy Chai Tea

Rating:

★★★☆☆