

# Tea like Never Before!



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**T**ea is an integral part of the diet of millions of people around the world and especially of people from Asia. India produces the finest teas in the world and it is no wonder that Indians are one of the major consumers of tea. However, majority of the people are not aware that storing the tea in an appropriate way and the manner in which it is brewed can greatly accentuate tea's flavor. It must be stored in an air tight container so that it does not absorb the flavors from oil, spices and fruits. Also preferably it shouldn't be kept close to any of these items. **White tea, green tea, black tea and herbal infused tea** are the four popular types of teas. We all are aware of the traditional way of preparing these teas. But we can also be innovative with tea and make some really refreshing drinks. Here are some recipes which you may want to try out.





## Orange Pekoe

### Ingredients

- 1 tsp orange pekoe – black tea
- 1 tsp orange peels
- 2 tsp cardamom powder
- 1 tsp cinnamon powder
- 1 tsp saffron
- 2 tsp powdered almond

### Method

In a pan, heat about 1 ½ cup of water. Add all the above ingredients except powdered almond and cook for 3 minutes. Strain the mixture. Place powdered almond at the base of serving cup and pour the prepared tea and serve hot.

## Green Tea Punch

### Ingredients

- 2 tsp of green tea leaves
- 1 cup chopped apple
- 1 tsp grated apple
- ½ tsp chopped mint leaves
- ½ inch ginger
- 2 tsp lemon juice

### Method

Heat fresh water for 1 minute and add green tea leaves. Blenderize green tea, apple, mint and ginger. Strain the mixture. Then add lemon juice and honey to taste. Garnish with grated apple and mint leaves. Do not boil Green tea or it will taste bitter. It should be brewed at 70-80°C.



## Winter Special Masala Tea

### Ingredients

- 2 tsp white tea or black tea
- 1 TBsp of lemon grass
- 2 TBsp mint leaves
- 1 tsp chai masala
- 1 tsp sugar
- 1 cup skimmed milk

For chai masala: Roast 1 clove, 1 inch cinnamon, 1 black pepper, 1 tsp ginger powder, 1 small piece nutmeg in a pan and blenderize into powder

### Method

Boil ½ cup of water with sugar, lemon grass and tea for 2 minutes. Pour milk, chai masala and boil for another 2 – 3 minutes. Add mint leaves and cover the pan with a lid for a minute. Strain the tea and serve.