

How to Make a Proper Cup of English Tea

First of all, a proper-proper cup of tea is made with loose leaf tea, but most of us don't have time for that on a daily basis, two or three times a day.

Boil the water

First, bring water to a boil, but do not let it keep boiling. Remove it as soon as it comes to a boil. Hot water will not do. We want the tea leaves to infuse the flavor of the tea into the water, and tepid or hot water will not do this nearly as well as boiling water. I use an electric kettle because we make a lot of tea. (I don't recommend my Breville anymore as it sometimes won't shut off.) You will also need a good teapot, preferably one made in the UK (they know their tea there).

Warm the teapot

So, when the kettle is almost boiling, put some water in the pot, just to warm up the teapot. Return the kettle to its base (or stovetop) to make it come to a full boil. Swirl the hot water around the pot and then drain it out. Make sure to have your tea bags ready.

Add the teabags and water to the pot

Use a tea cosy (if you have one)

Next, if you have a tea cosy, cover the pot. If not, use a heavy tea towel or something to keep the pot warm. You'll discover that this also makes a big difference in the outcome of the flavor of the tea.

Steep the tea

Let the tea steep for about 3 to 5 minutes; the longer you leave it, the stronger it will be. (Three minutes is too weak for me, btw.)

Now it's time to pour.

Add milk, and/or sugar (I just add milk). Regarding the whole milk or tea first debate, it used to be that milk went in first to protect the china from cracking, so that's no longer a reason. I think it's a personal preference. I like to add the milk after so I can better control the ratio of milk to tea.

Materials

Tea pot

British tea bags

Tools

a kettle, electric or stovetop

Instructions

Boil the water

Warm the teapot

Add the teabags and water to the pot.

Use a tea cosy, if you have one.

Steep the tea for at least 5 minutes. (The longer you steep, the stronger it will be.)

Pour the tea and add milk and/or sugar if desired.

Tibetan Butter Tea

Butter tea, known as Po cha in Tibet, is made from churning tea, salt & yak butter. The tea used is a particularly potent, smoky type of brick tea from Pemagul, Tibet. In this video, I am sharing my version of butter tea which is not a classic recipe but You are gonna love this.

INGREDIENTS:

1 ¼ cup Milk

Pinch of Baking Soda

2 tsp Tea Leaves

1 tbsp Sugar

1 tsp Butter (salted)

INSTRUCTION:

1. Set a saucepan over medium-high heat & add the milk
2. Bring milk to a boil
3. Add in baking soda & sugar
4. Simmer milk for 5 minutes.
5. Add in tea leaves & simmer for more 3 – 4 minutes.
6. Add in butter & simmer for more 2 minutes.
7. Strain & serve immediately

Masala (Chai) Tea

Number One Masala Chai at Home (Indian Masala Tea) // Masala Chai is a popular drink across most of South Asia, from posh drawing rooms to humble street shacks. This is a boiled concoction of water, milk, sugar, tea & aromatic spices. Ours is a lighter version of the famed “masala chai” or spiced tea is a perfect accompaniment to an evening snack & ideal to unwind your days with.

INGREDIENTS:

1 cup water

1 cup milk
½ inch ginger
2 cloves
2 cardamom pods
½ inch Ceylon cinnamon stick
2 tsp tea leaves
2 tbsp sugar

INSTRUCTION:

1. Using a mortar & pestle, pound the clove & cardamom pods. This will help release their flavors.
2. Peel wash & pound the ginger.
3. Set a saucepan over medium-high heat & add the water, clove, cardamom, ginger & cinnamon stick
4. Cover the pan & let the water come to a boil. Allow the spices to bubble in water for about 4 minutes.
5. Add the milk, & once it has heated up, add in the tea & sugar.
6. Allow this milky mixture to boil vigorously. Just when the tea is about to boil over, drop the heat & let it simmer for about 4 minutes. You can see the tea change color from light brown to a rosy kind of orange.
7. Strain & serve immediately.