

BANA PU-ERH ENTHUSIAST FORUM

NOTES FROM OUR TEA FRIENDS...

JULY 2010

DEAR FELLOW TEA ENTHUSIASTS

SUMMER HEAT IS HERE and a hot cup of tea may not be the comforting beverage that it was in the colder months of the year. We thought this was a good time to share recipes for iced Pu-erh teas that have been submitted by fellow Pu-erh lovers. Here are some of our favorites, all crafted to allow the essence of the teas to shine through while adding new flavors and zest to the iced versions. I hope you enjoy these refreshing drinks that clients were kind enough to share with us. Have a cool summer.

Sincerely,
Linda Louie
Owner, Bana Tea Company



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A NOTE FROM LINDA: BANA IS NOW OFFERING VERY HIGH QUALITY CHRYSANTHEMUM AND OSMANTHUS BLOSSOMS. QUANTITIES ARE LIMITED.

SUMMER ICED PU-ERH TEA RECIPES

Stone Fruit Ice Tea

Start with a Pu-erh that has the stone fruit flavor characteristic (*I use Bana Limited Edition*). I'd recommend brewing at least a quart. Allow the tea to cool to room temperature and then add several 1/8" to 1/16" slices of fresh apricot, peach and/or plum to taste. Place in the refrigerator and allow to chill before drinking. If a sweetened tea is desired, I suggest a light flower honey like orange blossom or wildflower. Honey will dissolve more easily if added while tea is still warm.



Energizing Citrus Seven Sons

Brew at least a quart of Bana's Mini-Seven Sons tea. Allow the tea to cool a bit and then refrigerate. Just before serving, alternate wafer-thin slices of orange, lemon & lime and bruised mint with ice in a tall glass and pour in the chilled tea. This tea can be sweetened with organic cane sugar.

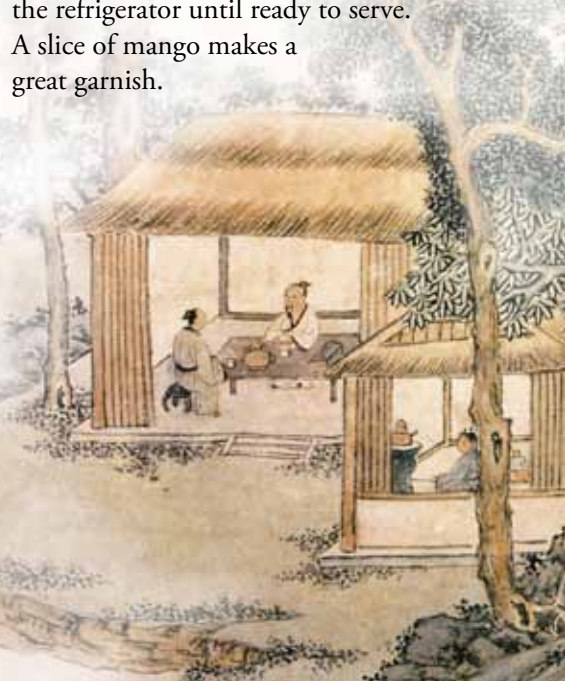
Very Cooling Ginger Lemon Tea

Brew a quart of raw Pu-erh tea (*Orchid Charm is a good choice*). While the tea is cooling off, add about 1/8 cup of loosely packed, thinly sliced ginger root and 1/8 cup of cucumber. Sweeten with organic cane sugar if desired. Strain tea before serving and garnish with lemon at the bottom and top of a tall glass.



Nutty Denong Iced Tea

This is a sweet tea that's good for relaxing in the shade on a hot summer day. Brew a quart of Bana's Denong Wild Ripe Pu-erh tea. Add 1 to 3 teaspoons of Torani Orgeat or Hazelnut Syrup to taste and mix well. Chill in the refrigerator until ready to serve. A slice of mango makes a great garnish.





Start with a smoky flavored Pu-erh... I prefer YiWu Chun Rui but the less expensive Yunnan Mini Seven Sons also works well. Wash the fresh mint and set it in the fridge to crisp up. Boil enough water to rinse your tea as you would normally do when brewing Pu-erh (discard the rinse water). At the same time, you can bring 2 quarts of spring water to a boil in a pan. Add about a 1/4 cup of dry tea. Let the water continue to boil for about 20 seconds and then remove from heat. Strain your tea with a very fine sieve or a coffee filter (more apologies). Refrigerate. Just before serving, put aside a few sprigs of mint and crush the rest lightly with a pestle. This is a good place to add sugar, while crushing the mint. Alternate ice & crushed mint in a tall glass and pour in the tea. Garnish glasses with the saved sprigs of mint.



ICED TEAS CONTINUED:

FROM A CLIENT WHO IS A QIGONG TEACHER AND DAOIST PRIEST:

Ginger Pu-erh Tea

32 oz. water
1 oz. (approx. 20g) of sliced ginger root
1/2 oz. (approx. 10g) Pu-erh tea

Simmer on low heat for 8 minutes, then add Pu-erh tea. I use Ripe Denong Wild mini-brick. Slow boil for 10 more minutes. You can vary the quantity of ginger or tea according to your tastes.

BENEFITS: Pu-erh tea by itself is a tonic for digestion and low energy, especially weak Spleen Qi. When you add ginger root to the pu-erh, you get a very strong

digestion tonic due to the warming energy of the ginger. In the summer, when there is excess Fire energy, our internal qi comes to the surface, and much is lost, creating internal qi weaknesses. Drinking ginger pu-erh tea helps to replenish our internal qi.

Smoky Mint Iced Pu-erh Tea

A CLASSIC FLAVORED TEA USING PU-ERH

2 quarts of spring water
1 quart of rinse water
1/4 cup of tea (recommendations below)
1 bunch of fresh mint
4 teaspoons of sugar (optional)

Here's an unconventional way to brew Pu-erh tea – my apologies to the purists.

Chrysanthemum Iced Pu-erh

This tea is novel and always fun when entertaining. Bana Tea Company's excellent chrysanthemum blossoms make this iced tea a delicious beverage as well.

Make enough raw pu-erh to fill half your iced tea pitcher. An inexpensive young cake like Bana's Limited Edition will work well. Add a quarter cup of chrysanthemum blossoms while the tea is still warm and give it a stir. Cover the container and refrigerate until the tea is refreshingly cool. Serve over ice. Enjoy!

ICE TEA TIPS: BREW TEA ON THE STRONG SIDE TO OFFSET THE DILUTING EFFECT OF THE ICE. MAKE ICE FROM SPRING WATER.