

STEEPED

RECIPES INFUSED WITH TEA



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The background of the entire page is a photograph of various tea-related items. In the top left, a green tea bag tag with the text 'PALAIS DES THÉS' is visible. Below it, a white tea bag tag with 'JASMINE MIST ORGANIC' and 'Brew time 3 minutes' is partially shown. In the top right, a green tag says 'mint tea' and an orange tag says 'ROOIBOS'. The foreground is filled with several tea bags: some are whole, some are open showing the tea leaves inside, and some are torn. A pile of loose, dark green tea leaves is scattered in the lower center. The overall scene is a close-up, top-down view of these items on a plain white surface.

for my parents, Hendrik and Mary Lou

There are those who love to get dirty
and fix things.

They drink coffee at dawn,
beer after work,

And those who stay clean,
just appreciate things,
At breakfast they have milk
and juice at night.

There are those who do both,
they drink tea.
—GARY SNYDER

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TEA MILK

Bring 24 ounces of milk to almost boiling at 190°F over medium heat, stirring so it does not burn. Turn off the heat. Sprinkle 3 teaspoons of loose tea into a large bowl. Pour the hot milk over the leaves in a swirling motion. Steep for 5 minutes. Strain using a fine-mesh sieve. Press on the leaves to extract all the steeped liquid. Use hot or cool and refrigerate. Sweeten to taste.

SPA TEA

Move over cold-brewed coffee. Cold-brewed tea—also known as spa tea—is a refreshing, milder brew. Pour 24 ounces of water into a pitcher. Stir in 3 tablespoons of loose or 6 bags tea. Add fresh herbs and sliced fruit—I like strawberries and lemon. Refrigerate to infuse overnight. To serve, remove the tea bags or strain through a sieve if using loose tea. Remember to press on the bags or leaves to extract all steeped liquid.

Loose Tea vs. Bagged Tea

Tea bags were a nifty invention allowing easier brewing without the gadgetry required for loose tea. Still, loose tea is preferable, and a teapot with a built-in infuser makes loose tea almost as convenient. Practically speaking, loose tea is cheaper: Consider that a 4-ounce container of English breakfast tea yields fifty-five total one-teaspoon servings versus a box of fifteen or twenty tea bags, which yields only that number of servings. If you do use tea bags, look for certified organic tea companies to ensure paper bags that have not been sprayed and are non-GMO compliant.

The recipes that follow give loose or bagged tea options with each recipe, except when it's more practical to go with one or the other. I have kept cost constraints and consumption size in mind. Many tea bags are filled with ½ tablespoon of tea, but this can vary by manufacturer and tea type. So if you are substituting tea bags for loose tea in a recipe, simply measure out the tea from the tea bag.

“Your tea is to your mind, I hope”—

“Exceeding good”—

“Pray one more cup.”

“Your toast is very nice; I’ve eat Till I’m ashām’d.”

—FRANCIS FAWKES



FOOD SCALE

Weighing flour can make such a big difference in baked goods. I find it to be the easiest and most precise way to bake; however, I am mindful that it is not the only way. As such, you will also find cup equivalents.

A STEEPED STOCKED KITCHEN: *Regular Rotation* *Ingredients*

Olive Oil

Olive oil is my go-to when heating food at low temperatures or imparting its flavors (Peppery! Fruity! Floral!) into the dish in question.

Safflower Oil or Grapeseed Oil

For heating foods at high temperatures, I reach for one of these two oils, which have higher smoke points and neutral flavors.

Kosher Salt

These recipes are made with kosher salt, which I prefer for its versatility and mildness. If you use sea salt, adjust the recipes to taste.

Spelt Flour

If you have ever considered whole grain flours, start with spelt. This ancient grain imparts nuttiness and a toothsome quality without being overly sturdy or heavy. It can even often be swapped in for all-purpose flour. You will find that most of the baked recipes in this book include spelt flour. If you choose to bypass the

spelt, simply use all-purpose flour, but it is my promise that if you buy one bag of spelt flour, I will show you how to bake through it.

Eggs

For all the recipes that call for eggs, I use large organic, free-range eggs.

Whole Milk Dairy

Did you know that whole milk dairy is less processed than low-fat versions? It is another reason, along with richer, more full-bodied flavor, that I reach for whole milk or plain whole milk yogurt. If you skimp somewhere, don't let it be dairy.

COOKING THROUGH *the* BOOK

Of course I hope you read the book with a cup of tea in hand. If you have a favorite tea or your tea pantry is already jammed full, you may want to visit the Recipes by Tea & Tisane index on page xx and cook through your collection. However you begin, loop me in on Twitter or Instagram at @anneliesz with the tag #SteepedBook—I'd love to follow your tea-cooking adventures!

drinking tea alone—
every day the butterfly
stops by

—KOBAYASHI ISSA

MORNING TEA

BAKED

Blueberry Scones with Rooibos Honey Butter

Green Tea Granola

Arnold Palmer Poppy Seed Muffins

Sally's Chai Masala Pumpkin Bread

COMFORT

Masala Chai Applesauce

Cranberry Coconut Rooibos Oat Porridge

COLD

Earl Grey Yogurt Parfaits

Matcha Chia Pudding Parfaits

Blueberry Black Tea Smoothie

Ginger Mango Green Tea Smoothie

Chamomile Lassi

PROVISIONS

Sweet Tea Jelly

Strawberry Chamomile Jam

Buddha's Hand Rooibos Marmalade



MATCHA CHIA PUDDING PARFAITS

Chia seeds in liquid take on a gelatinous texture perfect for puddings, as in this parfait. Serve the parfaits in tall glasses to show off the layers, for a beautiful breakfast that's tasty and nutritious.

MATCHA GREEN TEA CHIA PUDDING

- 1 teaspoon matcha green tea powder
- 1 cup whole milk
- 1 cup plain whole milk yogurt
- 6 teaspoons maple syrup
- 3 tablespoons chia seeds

PARFAITS

- 1 fresh ripe peach, puréed or mashed
- $\frac{3}{4}$ cup fresh raspberries, puréed or mashed

MAKES 4 SERVINGS

TO MAKE THE PUDDING: Put the matcha in a medium glass bowl. Heat the milk in a small saucepan over low heat to 175°F. Slowly pour in $\frac{1}{4}$ cup of the milk, whisking vigorously for 1 minute. When the matcha is completely dissolved, whisk in the remaining milk. Let cool 10 to 15 minutes. Whisk the yogurt into the matcha milk. Stir in the maple syrup and chia seeds. Chia seeds tend to clump so make sure they are all separately immersed. Cover and refrigerate 5 hours or overnight, until custardy.

TO ASSEMBLE: Layer in order 1 tablespoon peach, $\frac{1}{2}$ cup chia pudding, 1 tablespoon raspberry.





SUMMER SQUASH GRUYÈRE QUICHE

The rustic quality of spelt really shines in this flaky crust, which is flavored with mint, as is the cheesy vegetable filling. I recommend Choice Organic Teas' Moroccan Mint.

SPELT PIE CRUST

- 8 tablespoons very cold unsalted butter, cubed
- $\frac{3}{4}$ cup (102 grams) spelt flour
- $\frac{1}{2}$ cup (70 grams) all-purpose flour
- $\frac{1}{2}$ teaspoon kosher salt
- 5 to 6 tablespoons very cold brewed Moroccan mint green tea

QUICHE

- 1 tablespoon olive oil
- 1 small zucchini, cubed
- 1 medium yellow summer squash, cubed
- 1 shallot, sliced
- $\frac{3}{4}$ cup heavy cream
- 3 eggs
- $\frac{1}{4}$ teaspoon fennel seeds
- $\frac{1}{2}$ teaspoon from 1 bag (cut open) or from loose, finely ground Moroccan mint green tea
- $\frac{1}{4}$ teaspoon kosher salt
- 3 $\frac{1}{2}$ ounces Gruyère cheese or Jarlsberg cheese, cubed ($\frac{1}{2}$ cup)

MAKES 6 TO 8 SERVINGS

TO MAKE THE CRUST: Mix the flours and salt in a large bowl. Rub in the butter cubes between your fingers into pea-sized pieces. Mix the cold tea into the flour with your hands until the dough coheres. Form the dough into a ball and wrap in plastic wrap; refrigerate it for 30 minutes or until firm as a baseball. Lightly flour a work surface, your hands, and a rolling pin. Roll away from the middle of the dough and rotate the dough. Roll and rotate until the dough is $\frac{1}{8}$ inch thick. Fit the dough into a 10-inch tart or pie pan. Trim the excess above the pan sides but keep the crust walls tall. Refrigerate 30 minutes.

PREHEAT THE OVEN TO 425°F. Fit a sheet of aluminum foil into the crust and pour in pie weights, uncooked rice, or dried beans. Bake 20 minutes. Remove the weights and foil and bake the crust 3 to 5 minutes longer. Lower the oven to 400°F.

Meanwhile, place a 12-inch fry pan over medium-low heat for 1 minute. Swirl the oil into the pan. Sauté the zucchini, squash, and shallot for 5 minutes. Turn off the heat and cool. Whisk the cream and eggs in a bowl. Stir in the fennel, tea, salt, Gruyère, and squash. Pour into the cooled crust.

Bake for 20 to 25 minutes or until a toothpick into the center comes out clean. Cool 10 to 15 minutes before slicing.

GREEN TEA GUACAMOLE *with* GRAPEFRUIT TEA TOAST

In this scintillating version of avocado toast, guacamole is elevated by matcha green tea and garnished with a grapefruit. These toasts and Watermelon Tea Frescas (page xxx) make a fiesta.

GREEN TEA GUACAMOLE

- 1 teaspoon olive oil
- 6 tablespoons diced white onion
- $\frac{1}{8}$ teaspoon balsamic vinegar
- 2 avocados, pitted and chopped
- 3 kumquats, seeded and minced
- 2 small or 1 large clove garlic, minced
- 1 teaspoon matcha green tea powder
- $\frac{1}{2}$ teaspoon Sriracha
- 1 teaspoon kosher salt
- $\frac{3}{4}$ teaspoon freshly squeezed lime juice
($\frac{1}{4}$ lime)

TEA TOAST

- 10 to 12 slices sourdough bread, toasted
- 1 large or 2 medium grapefruit,
peeled and cut into segments
(10 to 12 supremes)
- 1 breakfast radish, thinly sliced
(10 to 12 rounds)

MAKES 10 TO 12 TOASTS

TO MAKE THE GUACAMOLE: Place a 2-quart fry pan over medium-low heat for 1 minute. Swirl in the oil to coat. Stir in the onion. Turn the heat down to low. Sauté the onions for 15 minutes, stirring occasionally. Drizzle in the vinegar and turn off the heat. Cool for 5 minutes. Smash the avocado in a medium bowl until desired consistency. Stir in the onion, kumquats, garlic, matcha, Sriracha, salt, and lime juice.

TO ASSEMBLE: Heartily smear each toast with guacamole. Top with a grapefruit segment and round of radish.



MATCHA TEAFFOGATO *with* TOASTED COCONUT ICE CREAM

Traditionally, an affogato consists of a shot of espresso poured over a scoop of ice cream. Matcha green tea inspired this dramatic deviation. Coconut cream is as different from coconut milk as heavy whipping cream is from whole milk. It can be found in the Asian or Latin American grocery aisles. I use Chaokoh brand to great success.

1 (13 ½-ounce) can coconut cream
(2 cups)

1 cup heavy cream

½ teaspoon kosher salt

½ cup sugar

4 egg yolks

2 tablespoons thick-cut toasted coconut
flakes

2 teaspoons matcha green tea powder

2 cups 175°F water

MAKES 8 SERVINGS

Scald the coconut cream about 3 minutes in a 2-quart saucepan over high heat. Don't stir just yet; it will begin bubbling animatedly and might spurt. Stir in the heavy cream, salt, and sugar and keep on high heat until it begins almost frothing over the saucepan. Turn the heat down to medium low and cook 2 minutes, stirring. Turn off the heat.

Whisk the yolks in a mixing bowl. Gradually pour in the coconut cream, whisking constantly. Strain through a fine-mesh sieve placed over a small bowl. Pour the strained custard back into the saucepan. Cook over medium low until it reaches 170°F. Pour into a bowl. Cover and refrigerate it for 24 hours, or until cold. Pour the custard into the cold ice cream machine receptacle. Follow the manufacturer's instructions. Sprinkle in the coconut flakes after the ice cream starts thickening. Churn 3 more minutes. Freeze at least 2 hours before serving.

TO ASSEMBLE: Sprinkle the matcha into a large bowl and vigorously whisk in the water, starting with ¼ cup for 1 minute. Once the tea is clump-free, add more water while whisking until all the water has been incorporated. Scoop one ball ice cream into each bowl. Pour ¼ cup matcha over each. Serve immediately.

