

June 2012

Steeped!



Tea Time with a Twist!

The mercury's rising, and it's time for something refreshing!

But just because the temperature's up does not mean that it's time to put your tea on the shelf for the season. Many of the teas that you love to enjoy hot can also become a fantastic drink to beat the summer heat!

Iced tea has been enjoyed almost as long as the hot beverage and offers all the same benefits of the hot drink. Every tea can be enjoyed hot or iced, though some do translate better into cold versions, but it's up to you to experiment with your favourites and see what works for you.

One of the most challenging parts about making iced tea is the preparation itself. How do you prepare it? How much loose leaf tea do you steep? Hot or cold steeped? How much should you make? To sweeten or not to sweeten?

Tea for me?

The most important part of making iced tea is the tea itself. It is not recommended to do a cold steep because if there is any sort of bacteria on the tea leaf, the hot water will kill it. The same goes for sun tea (where tea bags are added to a pitcher of water and left in the sun to steep slowly). The heat is important to make your iced tea as healthy as it can be. There are two ways Distinctly Tea suggests so that you get the perfect iced tea!

Time tested tradition.

One way is to brew and cool. This takes a little longer, since you have to cool the hot tea gradually in the fridge. When making tea this way, remember to brew it only as long as the instruction directs. Steep the tea using the proper water temperature and time. Once your tea is sufficiently steeped, remove it from the pot into a tempered glass pitcher (We suggest the Mist Ice Tea Jug, carried at Distinctly Tea both in-store and online; \$29.95 for the 34oz pitcher and \$35.95 for the 51oz pitcher). Place the tea in the fridge and wait for it to cool, then enjoy!

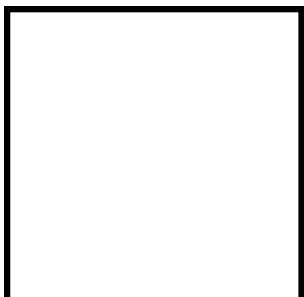
You can steep the tea in the jug, but be careful with delicate teas that, when oversteeped, become astringent and sometimes bitter.

Shocking!

The second way to produce a great cup of iced tea is to shock the tea. This is a preferred way for making iced tea because it best preserves the flavour of the tea. When making iced tea this way, fill your tempered glass pitcher with ice, and brew your favourite tea to enjoy cold at double strength. Use double the amount of tea that would be needed for the amount of water being used. Remember to only brew it as long as the package directs, though! Pour your tea over the ice and allow to sit for a minute or two, then enjoy a nice cool drink! You can also make tea by

New to Distinctly Tea: Monty's Food Products!

With the local movement in full swing, it's time to start looking in our own back yard! Located in Guelph Ont., Monty's creates quality locally sourced products. Some of the offerings from Monty's include: salsa (in different spice levels), pasta sauces, salad dressings, and chips, Check them out and enjoy!



Distinctly Tea Waterloo is proud to announce its new store at the Bauer Lofts! Same great tea, different location!



the cup if you want to enjoy a quick iced beverage. Just brew one cup of tea following the directions above and pour over ice held in a tempered glass.

Sweet Surrender

If you plan on sweetening your tea, do it while it's hot if possible. Try your tea unsweetened first, then add sugar about ¼ teaspoon at a time. That's when it's convenient to make your tea by the cup; that way, if you over-sweeten, you aren't left with a bad pitcher of tea!

The best way to get the perfect cup of iced tea to suit your individual taste is to experiment. These tips will help you as you embark on your experimental iced tea journey.

TRY: Our Lemon Supreme green/white tea blend iced! It's smooth on the palate and it's slight sweet hint of citrus makes it a light and refreshing iced tea!

Matcha shortbread cookies

1/2 cup unsalted butter (softened but not melted)

1/4 cup turbinado (raw) sugar

1 cup whole grain spelt flour

2 tablespoons arrowroot powder

1/4 teaspoon sea salt

1 teaspoon sifted gyokuro matcha powder, available at Distinctly Tea

Beat the butter and sugar in a mixing bowl until light. In another bowl, whisk together all of the dry ingredients. Mix into the butter and sugar mixture a bit at a time. Use some saran wrap to roll the dough into a log shape, until it is about 2" thick. Place the dough in the fridge for at least one hour, though one and a half hours is ideal. Preheat the oven to 350 degrees Fahrenheit. Slice the log into 1/4" slices and bake on a cookie sheet for 15- 20 minutes. Cool completely. Makes approximately 24 cookies.



TIPS AND TRICKS:

- If you want to make these cookies vegan, shortening can be substituted for the butter.
- Any grade of matcha can be used in this recipe, but the better the matcha, the better the flavour of the cookies.
- These DO have gluten in them, but spelt flour is usually tolerated well by those with a gluten intolerance. Rice flour can be substituted.
- If you aren't baking all of the cookies in one batch, make sure to place the remaining dough back in the fridge while the first batch is baking.
- It is imperative to make sure that the cookies have cooled completely before eating them. If they don't cool completely, they just break apart due to the low gluten content and lack of binders.