



## **Tea and Food Pairings**

Pairing tea with food is an adventure in discovering flavors. It is also a great way to become familiar with the extensive variety and range of tastes available in the world of tea. Just as wines have evolved with their local cuisines, the flavors of tea have also evolved with regional cuisines. An easy way to discover excellent food and tea pairings is to look at the cuisine from the tea regions. Or simply experiment with some of your favorite foods to find a match that suits your palate!

Pairings are a wonderful way to heighten a dining experience and expand the profiles that define tea. To enhance a food or emphasize the flavor of a given tea is truly rewarding. Pairings do not require an extremely sophisticated knowledge of food or tea. If you enjoy food and tea, then it's likely you already have some tasting vocabulary.

Pairing relies greatly on an individual's preferences. Discuss the characteristics of the food with your guests. Describe what first comes to mind when you are tasting tea and food together. There are no wrong answers—it's all about what you experience! You will know when you've discovered the perfect marriage of flavors; simply let your palate be your guide.

Take notes while enjoying your pairing. It can be fun to compare notes with your guests.

Follow these steps for a successful pairing party:

1. Smell the tea and the food – describe the aromas
2. Look at the tea and the food – pay attention to textures and color
3. Taste the tea – what flavors can you discern? Does it have any bitterness to it?
4. Taste the food – is it sweet, sour, salty, savory?
5. Take a sip of the tea, and while still in your mouth, taste the food at the same time – describe how the flavors taste together.
6. Rate your pairing.





## **SUGGESTED PAIRINGS**

<b>TEA</b>	<b>FOOD</b>
Roasted Oolong – Iced	Harvest salad
Dragonwell	Eggs, poultry, comté cheese; or use as a base for soup
Matcha - Iced	Ice cream, cookies, cakes
Irish Breakfast	Smoked meat or 85% dark chocolate
Darjeeling First Flush	Fresh fruit, brie cheese
Silver Needle	Lavender shortbread
Jasmine Phoenix Pearls - Iced	Carrot cake
Aged Yunnan	Apple cider donuts
Japanese Sencha Fukamushi	Wildflower honey
Earl Grey Calabrian Essence	Apple blossom honey, chocolate cake
Jade Oolong	Infuse the liquor into a cream sauce or butter
TCTC Ceylon Breakfast	Grind into a tea rub
Smokey Black	Stilton cheese, butternut squash soup, or marinate chicken overnight in the infused tea
Assam East Frisian	Fried chicken
Milk Oolong	35% milk chocolate
Madagascar Bourbon Vanilla	70% dark chocolate
English Breakfast Keemun Tea	Cheddar cheese, cheesecake
Organic Gunpowder	Grilled fish





## **TEA RUBBED CHICKEN**

The innate flavor of the tea is transferred into this basic tea rub, creating a flavorful and crunchy crust for the chicken. This rub is also fantastic on fish or pork. To further develop the flavor, serve along with The Cozy Tea Cart's Ceylon Breakfast tea.



### **INGREDIENTS:**

- 4 tbsp Cozy Tea Cart Ceylon Breakfast Tea
- ½ tsp Ground ginger
- 1 tsp Cinnamon
- ½ tsp Whole coriander seeds
- ¼ tsp Black peppercorns
- 1 tbsp Brown sugar
- ½ tsp Salt
  
- 1 tbsp Avocado Oil
- 1 ½ lbs Chicken (fish or pork)

Use an electric spice grinder to grind all of the ingredients, except the last two, until they are a fine powder and set aside. Lightly oil chicken in the Avocado Oil, and dip each piece into the rub. Let the chicken sit for approximately 15 minutes for the crust to form. Sauté in a frying pan or bake in the oven at 350 degrees until done (approx. 20 – 30 minutes).





## TEA SORBET RECIPES

### Pina Colada Tea Sorbet

Makes 2 – 3 servings

GF, V, DF

#### Ingredients:

- 3 cups frozen pineapple
- ½ cup Pina Colada black tea (steeped and chilled)
- 1 Tbsp cream of coconut
- Agave or honey to taste

Puree all ingredients in blender and chill in freezer for 2 – 3 hours.



### Mango Passion Tea Sorbet

Makes 3 – 4 servings

GF, V, DF

#### Ingredients:

- 2 cups frozen mango
- 1 cup frozen strawberries
- 2/3 cup Mango Passion black tea (steeped and chilled)
- Agave or honey to taste

Puree all ingredients in blender and chill in freezer for 2 – 3 hours.

