

“Think Outside the Cup”



Cooking with Tea

presented by

Kathy Browning

www.TheCheapGourmet.com

Welcome!

Thank you for downloading "Think Outside the Cup ~ Cooking with Tea." I hope you enjoy the content and benefit from the information presented here.

Think Outside the Cup focuses on the many ways to combine tea with cooking. You'll learn how to use tea as a spice, meat and vegetable marinade, meat tenderizer and more.

Discover recipes for decadent desserts including *Jasmine Tea Ganache* (a delightful chocolate coating) and *Five Spice Tea Cake*.

Feast on tender, moist *Roasted Chicken with Tea Butter* or delight your tastebuds with *Jasmine Risotto with Sweet Peas and Shrimp*. YUM!

If you haven't already done so, stop by [The Cheap Gourmet blog](#) and subscribe to the newsletter. Every Wednesday you'll receive more delectable, yet easy-to-prepare recipes, cooking tips and more. Each month your name will be entered into The Cheap Gourmet contest, where you can win prizes valued at \$25 or more.

I'd love to hear your feedback on the recipes. Feel free to drop me a note and share your thoughts. You can get in touch with me at thecheapgourmet@yahoo.com.

Bon Appetit!

Kathy Browning
Founder, The Cheap Gourmet
www.TheCheapGourmet.com

Cooking with Tea

Tea as a spice: Simply grind loose tea leaves in a pepper mill and combine with white pepper. This makes an unbelievably delicious rub, perfect for steak or pork chops.

Tea as a marinade: Wondering what to do with that extra [Earl Grey](#) tea left in the teapot at the end of teatime? Don't dump it.... Use it! Try adding it to your favorite chicken marinade for an out-of-this-world addition that will be sure to have your guests wondering the source of the mysterious (yet familiar) flavor.

Tea as a tenderizer: Did you know tea makes a fabulous meat tenderizer? For a fall-off-the-bone, melt-in-your-mouth effect pour a cup of tea over the meat and allow to marinate for 30 minutes or longer. Use any flavor you prefer or try [Rooibos](#) "Red" tea to add a unique and interesting twist to your favorite dish.

Tea as an oil: Although it has been used for centuries throughout Asia, Tea Oil is only now making its way into Western Cuisine. Made from the seeds of the tea plant, this relatively neutral-tasting oil has shown to have a plethora of uses. Tea oil can be used as a base oil for salad dressing and makes the perfect sauté oil (due to the very high flash point). Tea Oil has become a popular substitute for vegetable and canola oils.

Tea as an aromatic: Filled with rich and subtle aromatics, tea is the perfect complement to many flavors. Adding a touch of [Jasmine](#) tea to a rice dish offers many interesting levels of aroma and flavor that are certain to impress.

Tea as a dessert: It is a fairly common practice to drink tea after a meal, but what about tea as a dessert? This trend is quickly becoming popular in the food industry and is revolutionizing the way we think about our after-dinner sweets. Many people have been introduced to Green Tea Sorbet, but what about Earl Grey Muffins or a Jasmine Ganache? Because many teas take sugar well, it is sensible to conclude that many sweets would take tea well.

Tea as a green: Finally, one must not overlook the simple fact that tea, like many greens used in cooking, is an edible leaf. Green tea has a very earthy, spinach taste. Why not use this taste to your advantage? Tomorrow morning when making omelets, instead of using the usual spinach, try substituting tea leaves!

Tea, it seems, is not only a refreshing, delicious and healthy beverage, but also one of the most versatile and interesting ingredients hitting the Western Culinary scene. Consider using your favorite teas in your next meal. Like many chefs say about cooking with wine, "*Do not cook with a wine that you wouldn't drink,*" the same holds true for tea.

SBS Teas offers some of the finest custom blended teas in the world. For the best results, use the teas that best fit your tastes. To learn more about SBS Teas product line click on the graphic or underlined link below.



Discover exotic teas, coffees and cocoas
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More Cooking Ideas:

- ◆ Perk up gravies, soups and stews by adding some brewed black tea. Add a tablespoon to gravy and sauces. Add one-half to one cup to a pot of stew or chili. Best choices include strong black teas such as [Marsala Chai](#) or [Lavender Earl Grey](#).
- ◆ When poaching chicken or shrimp, substitute brewed [Green](#) or [Darjeeling](#) tea for water.
- ◆ Use dry tea leaves as a salad topping and brewed tea in salad dressings. Try topping a salad with dry [Gypsy Ambrosia](#) leaves for added flavor and crunch. Add a few tablespoons of brewed [Green](#) tea to your favorite salad dressing.
- ◆ Combine loose tea with your favorite spice mixture and ground into a powder to make a hearty rub for meats and poultry.
- ◆ Enhance your rice dishes with tea. Try cooking rice in brewed tea, instead of water. Or crush loose tea with a mortar and pestle and mix with cooked rice. Use aromatic green tea such as [Dragon Lily White Tea](#), [Lemon Ginger](#) or [Jasmine](#).

Dessert Ideas

- ◆ Create a refreshing tea ice cream. Recommended teas include [Jasmine](#), [Lemon Ginger](#), [Chocolate Raspberry Mint](#) or [Rooibos White Chocolate Toffee](#).
- ◆ Mix one tablespoon of ground loose tea into your favorite cookie or shortbread recipe. Try [Spicy Cabana Boy](#) or [Sweet Pineapple Fruit Tisane](#).
- ◆ Flavor a basic whipped cream with 1 tablespoon of loose tea. Recommended teas: [Rooibos Chai](#), [Earl Grey](#) or [English Breakfast](#).
- ◆ Enhance a favorite truffle recipe by infusing loose tea in cream. Instead of rolling truffles in cocoa, try rolling them in a mixture of powdered green tea and [Chai sugar sprinkles](#). Recommended teas: [Sencha Wild Grey](#) or [Orange A Nilla Cream](#).
- ◆ Add brewed tea instead of water to your favorite chocolate cake batter. Try [Black Forest Cake](#) or [Vanilla Moon](#) teas.

Tea Recipes:

*NOTE: Pictures are NOT of actual recipes.

Green Beans with Garlic and Tea

Serves 4

Prep Time: 10 minutes

Cook Time: 10-12 minutes



Ingredients:

- 1 pound fresh Green Beans, trimmed
- 2 cloves of Garlic, minced
- 1 teaspoon Extra Virgin Olive Oil
- 2 Tablespoons loose Tea leaves, brewed in two cups of spring water (try [Orange Blossom Jasmine](#) or [Lavender Earl Grey](#))
- 2 Tablespoons Almond slices, toasted (optional)

Directions:

1. Steam green beans in water.
2. While beans are steaming, sauté minced garlic in one teaspoon olive oil until translucent.
3. Add brewed tea and simmer with garlic for a few minutes.
4. Remove beans from steamer and put in a large bowl.
5. Pour tea marinade over drained beans. Mix well.
6. Garnish with toasted almond slices, as desired. Serve immediately.



Loose Tea Measuring Spoon

Jasmine Risotto with Sweet Peas and Shrimp

Serves 4

Prep Time: 15 minutes

Cook Time: 25 minutes



Ingredients:

2 quarts Shellfish Stock (chicken broth or water can be substituted)
1/4 cup [Jasmine](#) tea, brewed
1 large Onion finely chopped
2 cloves Garlic, lightly smashed with knife
1/2 stick unsalted Butter
1/2 to 1 bottle [White Wine](#) (use good quality)
1 pound Arborio rice
2 cups Sweet Peas
1 pound shrimp (12-16 shrimp)
2 cups freshly grated Parmigiano-Reggiano

Directions:

1. Heat stock and tea to a simmer.
2. In a separate pot slowly simmer the onion and garlic in butter. Sauté until onion begins to turn a light golden color then remove from heat.
3. Add shrimp and sauté until firm. Remove from pan and set aside.
4. Add the rice and mix well with the onions, coating the rice with the butter and juices.
5. Cover rice with white wine and simmer. Constantly stir until most of the wine has been absorbed.
6. After a minute or so start adding the broth one ladle full at a time, in order to allow the rice to absorb it. To make risotto creamy you have to mix it thoroughly while adding the broth.
7. When risotto is almost done (not crunchy), add peas and gently mix until peas are cooked, but not mushy.
8. Add a handful of Parmigiano-Reggiano and mix well. Risotto should be soft enough to spread and cover the entire plate when served.
9. Garnish with shrimp. Serve immediately.

Roasted Chicken with Green Tea Butter

Serves 4 to 6

Prep Time: 15 minutes

Cook Time: 40-45 minutes



Ingredients:

- 1 (4 to 4 1/2 pound) Chicken, giblets removed, rinsed and patted dry
- 1 stick Butter, softened
- 3 Tablespoons loose Green Tea
- Salt and freshly ground Black Pepper, to taste
- Zest of 1 Lemon
- Zest of 1 Orange
- 1 yellow Onion, peeled and cut into quarters.

Directions:

1. Preheat oven to 375° Fahrenheit.
2. Mix together softened butter, tea, lemon and orange zests, making sure ingredients are evenly distributed throughout the butter.
3. Place chicken in small roasting pan. Slip your fingers between the skin and breast to make a pocket and insert the butter mixture. Be sure to save some of the butter mixture for the outside of the bird.
4. Pull the skin back in place. Rub both sides of the bird lightly with the butter.
5. Generously season both sides and inside the cavity with salt and pepper.
6. Cut lemons and oranges in half. Arrange the onions and citrus in the cavity and tie the legs together with kitchen twine.
7. Score the thighs with 2 or 3 cuts across and to the bone. Stuff with butter mixture.
8. Roast for 20 minutes breast-side up.
9. Turn the bird and roast for 20 minutes breast-side down or until golden brown. When the bird is done, the juices will run clear and an internal thermometer inserted into the thickest part of the bird should register 165° Fahrenheit.
10. Remove from the oven and transfer to a plate to rest for 15 minutes.
11. Serve with vegetables and rice or mashed potatoes.

Grilled Shrimp with Green Tea Marinade

Serves: 4

Prep Time: 10 minutes

Marinate Time: 30 minutes

Cook Time: 5 minutes



Ingredients:

- 1-1/2 Tablespoons loose [Green Tea](#)
- 1/2 Tablespoon fresh Ginger
- 1 Tablespoon Garlic
- 2 Tablespoons Rice Vinegar
- 1 Tablespoon Fish Sauce
- 1 pound Shrimp (16-20 pieces)

Directions:

1. Combine all ingredients except shrimp and mix well.
2. Add shrimp and let marinate for 30 minutes.
3. Grill for 3-5 minutes, flipping once.

Shrimp can also be broiled for 3-5 minutes, or baked at 350° Fahrenheit for 3-5 minutes.

The marinade also compliments lobster, salmon, white fish and steamed or roasted vegetables.



[Doke Silver Tips Tea](#)

Earl Grey Tea Muffins

Yields 12 muffins

Prep Time: 20 minutes

Bake Time: 25 minutes



Ingredients:

1 cup whole milk
3 tablespoons loose *Earl Grey* tea leaves
1-3/4 cup all-purpose Flour
1/2 cup Oat Flour (or Whole Wheat)
1/2 cup Sugar
2 teaspoons Baking Soda
1 teaspoon Baking Powder
1/2 teaspoon Salt
1 large Egg, at room temperature
6 Tablespoons Butter, melted and cooled
1/2 cup Yogurt (regular or low-fat, but not non-fat)
1/4 cup Honey

Directions:

1. Heat the milk over medium heat in a small saucepan until small bubbles form around the pan's rim - do not boil.
2. Remove from heat, stir in tea leaves. Cover and steep for 45 minutes.
3. Preheat oven to 400° Fahrenheit. Lightly grease muffin tin with butter or insert paper muffin cups.
4. Combine all-purpose flour, oat flour, sugar, baking soda, baking powder, and salt in a medium bowl until well mixed. Set aside.
5. In a large bowl, lightly beat egg with whisk, then whisk in the melted butter, yogurt, and honey until blended.
6. Strain milk into bowl, using a fine-mesh strainer. Stir well with a wooden spoon until smooth.
7. Add the flour mixture and stir until moistened.
8. Fill tins 3/4 full and bake for 25 minutes or until muffins are light brown, with rounded, cracked tops.
9. Cool the pan on a wire rack for 10 minutes, then remove the muffins and let cool an additional 5 minutes.

Five Spice Tea Cake

Yields 1 loaf cake

Prep Time: 10 minutes

Bake Time: 70 minutes



Ingredients:

¼ teaspoon Baking Powder
1 teaspoon Baking Soda
½ teaspoon Salt
1-1/2 cups all-purpose Flour
1-1/2 teaspoons Chinese five-spice mixture (available at Asian food shops and some supermarkets)
¼ teaspoon ground Ginger
½ cup cooled, very strong *Jasmine* tea (use 2 tablespoons loose tea)
1 cup Applesauce
2 Eggs
1-1/2 cups Sugar
½ cup Extra Virgin Coconut Oil (or vegetable oil)

Directions:

1. Preheat oven to 325° Fahrenheit.
2. Grease a 6-cup loaf pan with butter, then line with waxed or parchment paper.
3. Sift together the baking powder, baking soda, salt, flour, five-spice mixture and ginger.
4. In a medium bowl mix tea and applesauce.
5. In a mixer, fitted with a whisk attachment, whip the eggs and sugar until very light and fluffy. With the mixer running at medium speed, drizzle in the oil and mix well.
6. Add 1/3 of the dry ingredients and 1/3 of the tea/applesauce mixture and blend thoroughly. Repeat twice more, until all ingredients have been mixed together.
7. The batter will be somewhat thin. Pour the mixture into the prepared pan and bake until firm to the touch and split on top, and a toothpick inserted into the center comes out clean.
8. Set the pan on a wire rack and let cool 30 minutes.
9. Turn the cake out onto the rack, peel off the paper and let cool.

Jasmine Tea and Chocolate Ganache

Yields: 16 servings

Prep Time: 10 minutes

Cool Time: 12 hours



Ingredients:

10 ounces Heavy Cream
1-ounce Light Corn Syrup
1-1/4 ounces *Jasmine* tea
9 ounces Bittersweet Chocolate, chopped
4-1/2 ounces Milk Chocolate, chopped
1/4-ounce Rum

Directions:

1. Chop the chocolate into small pieces approximately 3/8-inch.
2. Boil together the cream and light corn syrup.
3. Add the Jasmine tea and simmer for 1 minute.
4. Strain the tea and pour over the bittersweet chocolate and milk chocolate.
5. Mix the ingredients only enough to incorporate. Allow to cool to 90 degrees and stir in the rum.
6. Pour into a shallow dish that has been lined with waxed or parchment paper. The filling should be 5/8 inches thick.
7. Allow to cool overnight or until firm, covered in refrigerator. Cut into squares.



Tea Ice Cream

Yields: 2 pounds

Prep Time: 20 minutes

Chill Time: 12 hours



Ingredients:

2 ounces loose [Tea Leaves](#)

1 pound Sugar

1 ounce Arrowroot

4 cups fresh Milk

10 ounces Water

Directions:

1. Heat water and once boiling remove quickly from heat.
2. Rinse out teapot with hot water and put in tea leaves.
3. Pour boiling water into teapot. Steep for 8 to 10 minutes.
4. Strain and set aside.
5. Bring milk to a slight boil and remove from heat. Be careful to not scorch the milk.
6. Thoroughly blend sugar with arrowroot and add to boiled milk.
7. Let mixture simmer for about 10 minutes stirring continuously to avoid lumps.
8. Remove from heat; add tea infusion, stir and freeze.



Chai Tea

Serves 4

Prep Time: 5 minutes or less



Ingredients:

4 teaspoons loose [Black Tea](#)
1 piece crystallized Ginger
3 Cardamon pods, crushed
3 whole Cloves
1 each Cinnamon stick
Cream & sugar to taste (optional)

Directions:

1. Boil 2 cups of water, then add tea and spices.
2. Boil for another 30 seconds then remove from heat.
3. Let sit for 1 minute.
4. Strain out the spices and serve, with milk and/or sugar.



[Chai Tea Pack](#)

Green Tea Pepper Sauce

Yields 1 cup

Prep Time: 5 minutes

This sauce can be used as a dip, marinade, or spread for breads and sandwiches. It will keep for about five days in the refrigerator.



Ingredients:

- 1 cup roasted Red Bell Pepper
- 1/2 cup brewed [Green Tea](#)
- 2 Tablespoons Sun-dried Tomatoes
- 2 Tablespoons Rice Vinegar
- 2 cloves Garlic
- 1 Tablespoons Extra Virgin Olive Oil (or Extra Virgin Coconut Oil)
- 1/2 Tablespoons White Pepper

Directions:

Combine all ingredients in a blender and mix well.

To use as a meat marinade, pour over meat and let marinate for 15-30 minutes before cooking.

For grilling, just brush on meat while cooking.



[Green Tea Tropical Cyclone](#)

Tea, Coffee, Cocoa, Treats & Accessories

The teas featured throughout this report are custom-blended by SBS Teas, a small woman-owned business located in Raleigh, NC. This eco-friendly business sells organic products, uses recycled packaging and doesn't engage in animal testing. The product line includes tea, coffee, gourmet cocoa, instant chai, mouth-watering, wipe-the-drool-off-your-face desserts and a wide variety of coffee and tea accessories.

SBS Teas products are some of the highest-quality, yet affordable, organic products available. The tea selection is mind-boggling and will make you feel like a kid in a candy store! Selections include green teas, black teas, caffeine-free, chai, children's teas, flavored and flowering artisan teas, medicinal teas and more.

If you're a coffee lover you are going to flip out when you see the coffee selections. Not only does SBS offer traditional blends of Breakfast, Colombian, French Roast and Espresso, they also provide a wide range of exotic flavors such as [Rainforest Crunch](#) and [Sinful Delight](#).

In the "Treat" section you'll find flavored sugars and syrups, honey spoons and straws, shortbread cookies, sugar cookies, rock candy swizzle sticks and the most delightful [Gourmet Filled Belgian Waffle Cookies](#).

Cocoa lovers will delight in the wide variety of cocoa flavors including [Raspberry Chocolate](#) and [Italian Amaretto](#).

Last, but not least, SBS Teas carries a full line of tea and coffee accessories including mugs, tea brewing sets, tea pots, wooden scoops, diffusers, tea timers and more.

The next time you need tea and coffee, visit the [SBS Teas website](#). You'll find everything you need for a tantalizing tastebud experience.

