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tea health facts

} the tea guy on tea

does leaf tea taste better than a tea bag tea?

No, all tea comes from the same plant. In fact the smaller the leaf the faster the tea will brew, releasing its antioxidants, flavour and colour.

Given time and care all tea can be brewed to the same potential, see Great Tea Takes 3 for more tips.

milk first or second

If you are making tea in a pot put the milk in the cup first, if you are making it in a cup then, whatever you do, don't put the milk in first! When you put the milk in first you will reduce the temperature of the boiled water and the tea won't brew correctly. The origins of the milk in first

were in the UK when the quality of porcelain was so poor that the hot liquid would crack the china cups. As a tea taster I was told to put the milk in first so as not to scald the fats in the milk. Try it to see if you can taste the difference.

does the material of the teapot influence the taste?

Personally I don't think so, it is more likely to be the way the teapot is cleaned. The most important thing is to ensure the spout doesn't drip and the handle doesn't get too hot. There are some pretty funky designs out there and

anyone who uses a teapot is great by me! I personally prefer earthenware or clay pots, as they are robust and take on a certain character over time.

do some tea blends match well with certain foods?

Absolutely. Like wine, certain blends lend themselves to particular food, it is simply a matter of understanding the flavours that compliment them.

Twinings Earl Grey with its bergamot flavour goes well with sweet dishes like cakes and crème brulee. Bell Kenya Bold is a full bodied

brew and goes well with traditional hearty breakfasts and chocolate. Bell Zesty Green Tea Pure's light, cleansing flavour pairs perfectly with seafood dishes. Bell Pure Ceylon is made specifically for Kiwi tea drinkers and goes particularly well with Lemon Tart. Lamb roasts and tomatoes compliment Twinings Lady Grey perfectly

What tea could convert a coffee drinker?

Any, as it is a much more refreshing drink! Seriously though, Bell Kenya Bold has been designed with coffee drinkers in mind. Its brisk,

bold, lively, full-bodied flavour makes it a great coffee alternative.

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what is the best quality tea and why?

Impossible to answer! The best tea is the blend you like brewed in the way that you like it. Within the Tea Trade Darjeeling is considered

the “champagne” of teas due to the unique position and elevation of where it grows.

remember: great tea takes three

While the fact that antioxidants are in tea is widely recognised, the actual method of maximising their health benefits is the length of time your tea is brewed.

The best way to ensure this is to steep (let your teabag sit in boiling water) for a minimum of three minutes. This is the **Great Tea Takes Three** rule.



So, what does the three minutes do for your tea?

- ① The first minute is for colour - watch as the freshly boiled water starts to reveal the colour of your tea
- ② The second minute is for flavour - the colour of your tea deepens and the taste develops
- ③ The third minute is for health - your tea will develop all the health benefits from the great antioxidants found in all tea

The third minute lets loose all those great antioxidants that will help you fight the free radicals running wild around your body. It's the easiest and tastiest way to get antioxidants into your system.

how to maximise the antioxidants in tea

It is also interesting to note that antioxidant levels in tea are greatly reduced in the decaffeination process.

So although de-caffeinated blends of tea have less caffeine they also have less of the valuable antioxidants.

¹ **Tea and Antioxidant Properties:** <http://www.tea.co.uk/healthresources.php>

² **Flavonoid Info:** <http://flavo.vit.fi/roleofflavonoids.htm#antioxidants>