



Iced tea - cold or hot brewed

General about iced tea

Iced tea is an excellent thirst quencher. Unsweetened it contains no calories at all. Any good, high quality, organic tea can be used to make iced tea. Iced tea is also perfect as a base in summer drinks, mocktails (drinks without alcohol) and cocktails. You can flavor your iced tea with a little sugar-free juice, homemade juice, agave or freshly squeezed juice. It's easy to prepare a larger amount of iced tea and put it in the fridge, ready to enjoy. When serving iced tea in a glass, you can add a few ice cubes and garnish with a lime slice, fruit slices or some lemon balm. Remember to use good, tasting water for all your tea and for the ice cubes as well.

Iced tea can be brewed with hot water and cooled down, or brewed with cold water from the start. Cold brewing is very simple and gives you a tea with a longer shelf life (approx. 2 days in the fridge). Hot brewed iced tea should preferably be consumed the same day you brewed it.

Cold brewing: use 8 g of tea to 1 liter of cold, good water. Use a big enough filter bag and fill it so that the tea leaves/herbs/fruits etc have room to expand, alternatively put the tea/herbs loosely in a jug and strain the tea/herbs when the brew is ready. Refrigerate for 6-8 hours for black and herbal tea, about 4-6 hours for oolong, green and white tea. Tannins will not develop as strongly because you use cold water. After the correct brewing time, remove the tea. For safety, both for home use and when brewing iced tea cold for a restaurant/café: first pour boiling water over the tea leaves and herbs to "clean them". Then brew the iced tea according to the instructions above.

Hot brewing: take 8 g of tea and pour 7 deciliters of hot water into a pot/pitcher that tolerates heat, temperature 100°C for black and herbal tea, 80°C for green and approx. 85°C for oolong and white tea. Let the tea steep for 4-10 min (green 4 min, black 5-6 min, herbal tea 8-10 min). Remove the tea. If you want to sweeten the tea, do it when its hot. Allow the tea to cool to room temperature before straining over ice cubes, or refrigerate to use later in the day. If you cool the tea down too quickly, it can become cloudy, which does not look very appetizing.

Keep in mind that ice cubes dilute the tea. If you want to make a little extra effort, the ice cubes can consist of frozen tea (see recipe below). And for the children, the ice tea can become ice lolly. For flavoring, you can mix the iced tea with freshly squeezed juice, mixed (preferably frozen) berries, lime, lemon, a sprig of mint, you can also sweeten your tea to your liking. Then use a sweetener that dissolves easily in cold water - for example good juice.

Ice tea cubes! Colorful and delicious

Take 4 dl of water and 15 g of loose tea/herbs

Heat the water and pour it over the tea (use a heat-resistant vessel).

Brew the tea as follows: 100°C for black and herbal tea, 80°C for green and approx. 85°C for oolong and white tea. Let the tea steep for 2-8 min (green 2-3 min, black 3.5-4 min, herbal tea 8 min).

Then remove the tea.

Let the tea cool to room temperature. Then pour it into an ice cube tray and place in the freezer.
Add a berry / mint leaf to each ice cube for an extra effect.
Fill a glass with ice tea cubes. Add chilled iced tea, garnish and serve!

Questions? Welcome to email me ☺

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