

Traditional mint tea

Preparation time: 5 minutes

Ingredients (for about 10 glasses):

- Water
- 3 teaspoons of Chinese green gunpowder tea
- A bunch of fresh mint
- Sugar to taste

Preparation :

Put water on to boil and rinse the mint leaves with cool water. Then place the tea into the teapot, cover with a tea lass of boiling water and boil for about 5 minutes.

Rinse the tea shake the pot and discard the green cloudy water. This rinsing will remove some of the bitterness of the tea and get rid of fine tailings.

Place the mint leaves into the teapot and sugar as desired. Fill the teapot with boiling water, without leaving the mint to the surface so it does not blacken. Return to heat and boil for two minutes uncovered.

Remove from heat, cover and let infuse for a few minutes. Pour tea into a glass, wait a bit and then pour it back into the teapot. Repeat two to three times. This operation is used to oxygenate and mix the tea and sugar.

Adjust the taste, and serve hot in small tea glasses while lifting the teapot to get the bubbles.

Enjoy your tea !