

Recipes



Tea - *Camellia sinensis*

Tips for Use:

- Steep whole leaf black tea 3-4 minutes, oolong and green tea 2-3 minutes, and white (and dark oolong) tea 4-5 minutes.
- Black and dark oolong can handle water that has just reached the boiling point. Green, green oolong and white teas are more delicate and have better flavor with water that is about 180°F or water that sits for 3-5 minutes after boiling.
- Fill tea ball or strainers only half way to allow the leaves to absorb the water and expand. Better yet, use a tea basket.
- Create a flavored tea with the addition of herbs, spices or fruit to create a tea blend.
- Oolong tea leaves can be brewed multiple times with good flavor results.
- Infuse tea into the liquid called for in a recipe to impart the tea flavor (as in milk for example), especially with baked goods and ice cream.
- Add the smoky flavor of lapsang souchong tea (which absorbed its flavor from pine smoke) in a meat rub for steak or pork.
- Freeze brewed tea into cubes to add flavor to other beverages, including smoothies.
- Iced tea can be prepared using a cold brew method. 5 tablespoons of tea plus ½ gallon of water, brewed in the refrigerator for 8-12 hours. Tea can be all black tea or a mix of black and herbs. Sweeten with a simple syrup if desired.

Miso-Glazed Salmon with Green Tea Rice

In Japanese cuisine, green-tea rice, known as ochazuke, is a beloved comfort food. It can be as simple as green tea poured over steamed rice, but it's often embellished with flaked fish or other toppings to make it more substantial. This version borrows from another Japanese classic: fish glazed with a miso-mirin mixture and quickly broiled. Be sure to use loose-leaf green tea; it's typically higher quality than the bagged kind.

1 1/3 cups white rice, such as jasmine or short-grain sushi

1/4 cup white miso

2 tablespoons mirin

1/2 teaspoon unseasoned rice vinegar

4 5-oz. skin-on salmon fillets, preferably about 3/4 inch thick

1/2 cup loose-leaf green tea

Kosher salt

3 medium scallions, thinly sliced (about 1/2 cup)

1 tablespoon toasted sesame seeds; more for garnish

Cook the rice according to the package directions and keep warm.



Position a rack 4 inches from the broiler and heat the broiler on high.

In a small bowl, stir the miso, mirin, and rice vinegar with a fork to blend. Put the salmon fillets skin side down on a foil-lined rimmed baking sheet, leaving space between them. Pat the salmon dry and broil for 2 minutes. Remove the baking sheet from the oven and, with a spoon, carefully spread the miso mixture over the top of the fillets. Broil until the salmon is just barely opaque in the center (use a paring knife to check), 2 to 3 minutes more.

Meanwhile, in a small saucepan, bring 2-1/4 cups of water to a simmer. Put the tea leaves and 3/4 tsp. salt in a 4-cup heatproof liquid measuring cup. Pour the hot water over the leaves and let steep for 1 minute.

Gently mix the scallions and sesame seeds into the rice and divide among four large shallow bowls, mounding it in the center. Pour the tea through a strainer around each mound. With a spatula, lift the salmon from the baking sheet, leaving the skin behind, and place on top of the rice. Sprinkle with more sesame seeds and serve immediately.

Serves 4

Dabney Gough
Fine Cooking, Issue 121 www.finecooking.com

**Do you have a recipe using tea to share?
Please send it to Educator@herbsociety.org**