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Your Great-Grandmother Made Better

TEA



Paul Gerst

Recipes from
1890 to 1920

• Iced Tea • Tea Punch • Tea Dessert

Your Great Grand-Mother Made Great Tea

Compiled by Paul Gerst

At teadog.com, we really enjoy tea and want to offer this book with our compliments. In this book, you will find some new and interesting tea recipes to make with your favorite tea.

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Thanks to David Meerman Scott, whose blog, *Web Ink Now*, a must-read for anyone doing marketing, inspired me with tips to get this ebook completed and distributed.

Tea brings health, happiness and peace. So please spread the word. Share this ebook with your friends, tweet about it, or put it on your blog or web site.

Here are the Tea Recipes You Will Find Inside

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Quick Word About the Recipes and Ingredients

Despite dating from 1890 to 1920, these recipes still are easy-to-follow just using a few simple steps. Still readily found in most supermarkets today, the ingredients listed are popular items of the time. Many recipes use a lot of sugar, but you can use less and the items will still taste great. Use a sugar substitute for a lower calorie option if you prefer. Occasional recipes use ginger ale, but you can use the diet version as an option. Some also use a large volume of liquid. Use less if you don't want as much.

Tea bags first appeared in the early 1900's and were not widely used until later. People of the time used loose tea, which is listed in these recipes. Tea bags will work just as well. Just remember that 1 teaspoon of loose tea is equal to 1 tea bag and 1 tablespoon of loose tea is equal to 3 tea bags.

The language in the original instructions has been updated for clarity.

Introduction

While doing research, I came across an unfamiliar tea drink recipe. It was unique and very interesting. I was intrigued and had to make it. To my surprise, the drink really tasted great. It was much better than the standard iced teas consumed so often.

This book offers a few hot teas, iced teas, Russian teas, fruit teas, tea punches as well as tea desserts you may never have seen before. All the recipes date from 1890 to 1920, when tea occupied a more important place in US culture than it does now.

To make good tea drinks or desserts, make sure to start with good tea. For the recipes in this book, English Teas and Irish Teas like Barry's Tea, Bewley's Tea, PG Tips or Typhoo Tea were used. Flavored teas, like Earl Grey, were used occasionally as well.

Now, you never have to make boring tea any longer. Just try 1 or 2 of these simple tea recipes and you may find a new favorite.

Try making some of these for your kids as an alternative to sodas or other sweet drinks. My 2 year-old son liked Purple Punch best while my 4 year-old son was most taken with Strawberry Punch.

Paul Gerst

HOT TEAS

Although the rest of the recipes in this book are iced, here are a few hot tea recipes when you just need a warm beverage to get going.



Black Currant Tea

Although it does not have any tea leaves, this is a good substitute for real blackcurrant tea, which can be hard to find.

- 1 tablespoon of blackcurrant jam
- 2 cups of water
- 1 tablespoon of lemon juice

Cook 1 tablespoon of blackcurrant jam and 2 cups of water, sweetened to taste, for 10 minutes. Strain and add 1 tablespoon of lemon juice.



Tea a la Commodore

Unrelated to the university, computer or music group.

First, warm a teapot by pouring in, swirling around, and then pouring out a little bit of boiling water. Make tea by using 1 teaspoon of loose tea (or 1 tea bag) for each cup. Steep for 3 to 5 minutes. After tea is made, serve with sugar and 3 cloves to each cup.

Orange Tea

So very simple and tastes great.

- 1 orange, peeled and sliced thin
- 1 quart of prepared tea (hot)

Peel 1 orange and slice thin. Add to 1 quart of hot tea. Serve hot or cold.

Tea a la Mitchell

Simple, but different and quite good.

Add a spoonful of orange marmalade to each cup of hot tea.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

ICED TEAS

*A*lthough all called iced tea, these drinks taste different and offer a twist on today's versions.



Iced Tea

Dating to the late 1800's, this recipe advised putting the contents in "your stone jug." It also suggested using a mix of green and black tea for best taste.

Prepare tea in the morning, making it stronger than usual. Sweeten to taste. Pour into a glass or pitcher and chill. Lemon slices can be put in each glass.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert



Iced Tea Punch

A different version of iced tea. The sparkling water and strawberries add a nice taste.

- 6 teaspoons of loose tea (or 6 tea bags)
- 1 quart of freshly boiling water
- ½ cup of sugar
- 6 tablespoons of lemon juice
- 1 lemon, thinly sliced
- 1 orange, thinly sliced
- 1 quart of strawberries, sliced
- 2 cups of ice
- mint, bunch
- 2 cups of sparkling water

Add 6 teaspoons (or 6 tea bags) to 1 quart freshly boiled water and steep for 5 minutes. Strain tea/ remove tea bags. In a pitcher, combine ½ cup sugar, 6 tablespoons of lemon juice, 1 thinly sliced lemon, 1 thinly sliced orange, 1 quart of thinly sliced strawberries and 2 cups of ice. Add tea and mint. Before serving, add 2 cups of sparkling water.



Iced Tea Punch (2)

To shred pineapple, trim it and make sure to remove the eyes. Then, just shred the fruit with a fork.

- 2 quarts of freshly boiled water
- 2 teaspoons of loose tea (or 2 tea bags)
- 2 cups of sugar
- juice of 8 lemons
- 3 oranges, peeled and sliced
- 1 small pineapple, shredded
- 3 bananas, thinly sliced
- strawberries, handful

Make weak tea by pouring 2 quarts of freshly boiled water over 2 heaping teaspoons of loose tea (or 2 tea bags). Steep for 5 minutes, strain tea/remove tea bags, and add 2 cups of sugar. Cool. Add juice of 8 lemons, 3 peeled oranges cut into slices, 1 small pineapple that has been shredded, 3 thinly sliced bananas, and handful of strawberries. Chill until well-blended and serve.

RUSSIAN TEAS

A few different ways to make Russian Tea, including hot and cold varieties.



Iced Russian Tea

For a really iced version, use more than the piece of ice this 1900 recipe suggested.

- prepared tea
- sliced lemon
- ice

Prepare tea. When ready to serve, add a small piece of ice and slice of lemon to each cup.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

Russian Tea

Originally, this called for English Breakfast, which is what we used, but you can use any kind of tea.

- *3 tablespoons of loose tea (or 9 tea bags)*
- *6 cups of boiling water*
- *vanilla to taste*
- *few drops of lemon juice or a slice of lemon*

Make tea by placing 3 tablespoons (or 9 tea bags) of English Breakfast and 6 cups of boiling water in a teapot. Steep for 4 minutes and strain tea/remove tea bags. In each cup, add vanilla and a few drops of lemon juice. Add sugar, if desired, and serve. A thin slice of lemon may be used instead of lemon juice

Russian Tea

This was the only version of Russian Tea to use candied cherries.

- *prepared tea*
- *slices of lemon*
- *candied cherries*

Prepare tea, as usual, and serve with a slice of lemon and candied cherry in each cup. Sweeten to taste but do not add milk. Can be served hot or cold.

Tea Punch a la Russe

This late 1800's recipe was described as, "the taste of all the gods that like a tea flavor."

- *ice*
- *prepared tea, hot*
- *lemon juice to taste*

Fill a tall glass with ice. Pour over ice the prepared, hot tea and sweeten to taste. The tea will get cold by the time the glass is filled. Add lemon juice to taste and mix well.

FRUIT TEA PUNCH

By far, the most common category of tea drinks was Fruit Teas. Some of the drinks are quite different and others only slightly.



A Delicious Summer Beverage

This is the real name of this punch and it is indeed delicious.

- 4 cups of prepared tea, cold
- juice of 1 grapefruit
- juice of 4 lemons
- juice of 2 oranges
- 5 cups of water
- 4 sprigs of mint
- orange slices
- cherries or strawberries for garnish, optional

Combine all ingredients and chill until ready to use. Add mint and thinly sliced oranges to each glass. Cherries or strawberries add to the appearance. Serves 15.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

Amber Punch

Many of the tea drinks use ginger ale. It adds a nice flavor.

- $\frac{1}{2}$ cup of orange juice
- 1 cup of prepared tea, strong
- 1 cup of water
- $\frac{3}{4}$ cup of pineapple juice
- $\frac{1}{2}$ cup of sugar
- 2 cups of ginger ale
- orange slices, cherries and sprigs of mint garnish for each glass, optional

Mix together $\frac{1}{2}$ cup of orange juice, 1 cup of prepared tea, 1 cup of water, $\frac{3}{4}$ cup of pineapple juice, $\frac{1}{2}$ cup of sugar and chill. Add 2 cups of chilled ginger ale just before serving. Serve with a few slices of orange, several cherries, and mint in each glass. Serves 6.





Admiral Punch

Originally, this called for a famous brand of sparkling water, but a store brand works just as well. To shred pineapple, trim it and make sure to remove the eyes. Then, just shred the fruit with a fork.

- 1 quart of prepared tea
- 4 cups of sugar
- grated rind of 1 orange
- grated rind of 3 lemons
- juice of 6 lemons
- juice of 2 oranges
- 1 cup of shredded pineapple

- 1 cup of strawberries
- 3 bananas, sliced
- 2 cups of grape juice or ginger ale
- 1 teaspoon of almond extract
- 1 teaspoon rose water
- 1 teaspoon vanilla
- 3 quarts of sparkling water

Make 1 quart of strong tea. Pour tea into pan along with 4 cups of sugar, grated rind of 1 orange and grated rind of 3 lemons. Boil for 5 minutes. Strain and let stand overnight. Next day, mix together the juice of 6 lemons and 2 oranges, 1 cup of pineapple that has been shredded, 1 cup of strawberries, 3 sliced bananas, 2 cups of grape juice or ginger ale, and 1 teaspoon each of almond extract, rose water and vanilla. Then, add fruit to the tea, pour into a pitcher and add ice. Before serving, add 3 quarts of sparkling water.

Black Currant Cup

A unique combination of blackcurrant juice and green tea produces something special.

*2 cups of blackcurrant juice
2 quarts of green tea, weak*

*To 2 cups of blackcurrant juice add
2 quarts of weak green tea and
sweeten to taste. Chill and serve.*



Fruit Punch

First of 7 different versions of Fruit Punch.

- 1 cup of water
- 2 cups of sugar
- 1 cup of prepared tea
- 1 quart sparkling water
- 2 cups of strawberry juice
- 1 can of grated pineapple
- juice of 5 lemons
- 1 cup Maraschino cherries

Make a syrup by boiling 1 cup of water and 2 cups of sugar for 10 minutes. Next, add 1 cup of tea, 2 cups of strawberry juice, juice of 5 lemons and 1 can of grated pineapple. Let stand for 30 minutes. Strain and add enough water to make 1 ½ gallons. Then, add cherries and 1 quart of sparkling water. Serves 50.

Christmas Punch

This makes a large amount; use less if you don't want quite so much.

- 2 cups of sugar
- 1 cup of water
- juice of 6 oranges
- juice of 6 lemons
- pulp and juice of 2 grapefruits
- 1 cup prepared tea, strong
- 4 quarts of water
- cherries or orange slices for garnish

Make a syrup by boiling 2 cups of sugar in 1 cup of water. Separately, mix juice of 6 oranges, 6 lemons, and pulp and juice of 2 grapefruits, 1 grated pineapple and 1 cup of strong tea. Sweeten with the sugar syrup and chill. Before serving, add ice and 4 quarts of water. Garnish with cherries or oranges slices.

Fruit Punch

This punch is a pale purple color.

- 1 small pineapple, grated
- 1 cup of boiling water
- ½ cup prepared tea
- 2 cups of water
- 2 cups of sugar
- juice of 3 oranges
- juice of 3 lemons
- 1 cup of grape juice
- 10 cups of water

Grate 1 small pineapple. To each cup of pineapple, add 1 cup of boiling water and simmer 10 minutes.

Make a syrup by boiling 2 cups of water and 2 cups of sugar for 10 minutes. Add ½ cup hot tea to the syrup and set aside until cool. Then, add the strained juice of 3 oranges and 3 lemons as well as 1 cup of grape juice and 10 cups of water. Punch will be a pale purple color.



Fruit Punch

Another good fruit punch.

- 1 grated pineapple
- 2 quarts of water
- 1 quart of sugar
- 1 cup prepared tea
- juice of 6 oranges
- juice of 6 lemons
- 2 cups of strawberry or grape juice
- 5 quarts of cold water
- strawberries, mint, or slices of banana

Cook 1 grated pineapple and 1 quart of water for 15 minutes and then strain through a cheese cloth pressing out all of the juice. To this, add 1 quart of water and 1 quart of sugar and boil 10 minutes. Then, add 1 cup freshly made tea. When cooled, add the juice of 6 oranges, juice of 6 lemons, 2 cups of strawberry or grape juice and 5 quarts of cold water. Add more water or sugar to taste. Strawberries, mint or slices of banana can be added before serving.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert



Fruit Punch

Adding ginger ale and sparkling water produce a good fruit punch.

- 1 cup of prepared tea, hot
- 1 cup of sugar
- $\frac{3}{4}$ cup of orange juice
- $\frac{1}{2}$ cup of lemon
- 2 cups of ginger ale
- 2 cups of sparkling water
- orange slices

Pour 1 cup of prepared, hot tea over 1 cup of sugar. Let stand until the sugar dissolves and mix is cold. Pour into a pitcher and add $\frac{3}{4}$ cup of

orange juice, $\frac{1}{2}$ cup of lemon juice, 2 cups of ginger ale and 2 cups of sparkling water. Serve chilled. Add orange slices for garnish.

Fruit Punch

This serves a lot, about 50 or 60, in small punch glasses. Reduce the quantities to serve less.

- 2 cups of sugar
- 1 cup of water
- 1 cup of prepared tea, strong
- 2 cups of cherry juice
- 2 cups of strawberry juice
- juice of 5 lemons
- juice of 5 oranges
- 1 grated pineapple
- 1 cup of cherried candies
- 1 ½ gallons of water

Make a syrup by boiling 2 cups of sugar and 1 cup of water for 10 minutes. Then, add 1 cup of strong tea, 2 cups of cherry juice, 2 cups of strawberry juice, juice of 5 lemons, juice of 5 oranges and 1 grated pineapple. Let stand 20 minutes and then strain. Chill. Before serving, add 1 cup of candied cherries and 1 ½ gallons water.



Fruit Punch

Use less sugar if 2 cups is too sweet.

- *1 quart of prepared tea*
- *2 cups of sugar*
- *juice of 6 lemons*
- *juice of 2 oranges*
- *1 quart of sparkling water*
- *1 cucumber, peeled and sliced*
- *strawberries or raspberries*

Prepare 1 quart of tea and place in a pitcher. Then, add 2 cups of sugar, juice of 6 lemons, juice of 2 oranges, 1 quart of sparkling water and ice. Add 1 cucumber, peeled and sliced, and a few strawberries or raspberries. Chill. Serves 12.

Fruit Punch

If strawberry syrup is unavailable, use your favorite fruit syrup.

- 2 cups prepared tea, hot
- 2 cups of sugar
- juice of 6 oranges
- juice of 6 lemons
- 1 cup of strawberry syrup
- 1 cup of diced pineapple
- 2 quarts of water
- 1 quart of sparkling water

Dissolve 2 cups of sugar in 2 cup of prepared, hot tea. When cool, add fruit juices and water. Chill thoroughly. Before serving, add sparkling water.

Fruited Tea

The sliced bananas in this recipe are a nice touch.

- 6 teaspoons of loose tea (or 6 tea bags)
- 6 cups of boiling water
- 2 cups of sugar
- juice of 4 lemons
- juice of 4 oranges
- 5 bananas, sliced
- fruit juice (optional)

Add 6 teaspoons of loose tea (or 6 tea bags) and steep. Strain tea/remove tea bags and add 2 cups of sugar. When cool, add the juice of 4 lemons and 4 oranges. Next, add 5 sliced bananas. Fruit juice can be added for color. Chill and serve.

Purple Punch

Kids will really enjoy this, but it uses a lot of sugar. I used only ½ cup and kids still really liked it. These quantities make a lot of Purple Punch. Just use less if you don't want as much.

- 1 cup grated of pineapple
- 1 quart of water
- 2 cups of sugar
- ½ cup prepared tea
- juice of 3 oranges
- juice of 3 lemons
- 2 ½ quarts of water
- 1 cup of grape juice

Cook 1 cup of grated pineapple with ½ quart of water for 15 minutes and then strain through cheesecloth. To this, add ½ quart of water and 2 cups of sugar which have been boiled 10 minutes. Also, add ½ cup of prepared tea, juice of 3 lemons, juice of 3 oranges and 1 cup of grape juice as well as 2 ½ quarts water. Serve chilled.



Strawberry Punch

This also is a kids favorite. Remember to use less sugar if desired.

- 1 quart boiling water
- 3 teaspoons of tea (or 3 tea bags)
- Juice of 4 lemons
- Juice of 2 oranges
- 2 cups of sugar
- 1 pint of strawberries (more if preferred)
- 4 cups of sparkling water (or 4 cup of spring water)

Make tea by adding 3 teaspoons of loose tea (or 3 tea bags) to 1 quart of boiling water. Separately, combine the juice of 4 lemons, juice of 2 oranges, 2 cups of sugar and 1 pint of strawberries. Then, pour in the tea, add 4 cups of sparkling water or spring water. Chill and serve.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

Tea Dansant Cup

Tea Dansant is an old French word meaning tea dance.

- 1 quart of prepared tea
- 1 grated pineapple
- 1 quart of grape juice
- 2 limes, sliced
- 2 oranges, sliced
- 1 cup of sugar
- 1 quart of sparkling water
- oranges, quartered
- mint
- maraschino cherries or strawberries

Mix together 1 quart of tea, 1 grated pineapple, 1 quart of grape juice, 2 sliced limes, 2 sliced oranges, 1 cup of sugar and 1 quart of sparkling water. Chill and serve. Garnish with orange quarters, fresh mint and maraschino cherries or strawberries.

Tea Julep

You may have heard only of the mint variety, but this version is unlike any around today. Really good.

- 1 quart of prepared tea
- mint, bunch
- 2 oranges, sliced
- ½ peeled and sliced cucumber
- juice of 2 lemons, strained
- sugar, to taste
- 2 cups of ginger ale
- sliced strawberries

Into pitcher or large bowl, pour 1 quart of prepared tea. When cold,

add a bunch of fresh mint, 2 sliced oranges, ½ a peeled and sliced cucumber, strained juice of 2 lemons and sugar to taste. Chill for 2 hours. Before serving, remove mint and cucumber and add 2 cups of chilled ginger ale. Add a few sliced strawberries and some mint.



Tea Rhubarbade

This version of an iced tea is unique and different. You can enjoy it even if you are not a rhubarb fan.

- *1 bunch of rhubarb*
- *1 quart of water*
- *2 cups of prepared tea, cold*
- *juice of 1 lemon*
- *2 oranges, sliced*

Wash and cut rhubarb into inch lengths. Cook in 1 quart of water until tender. Drain and set aside the rhubarb water. Add the rhubarb water to 2 cups of cold tea along with the juice of 1 lemon and 2 sliced oranges. Sweeten to taste and chill.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

Tip Top Fruit Punch

This serves about 50, so if you don't watch that much, use less.

- 2 cups of sugar
- 1 cup of water
- 1 cup of prepared tea, weak
- 1 cup of fruit juice
- juice of 5 lemons
- juice of 5 oranges
- 1 pineapple, grated
- 1 quart of sparkling water
- 1 cup of cherries
- 1 gallon of water

Boil 2 cups of sugar and 1 cup of water to a syrup. Then, add 1 cup of weak tea, 1 cup of fruit juice, juice of 5 lemons, juice of 5 oranges and 1 grated pineapple. Place in refrigerator to blend for 30 minutes. Strain, add 1 quart of sparkling water, 1 cup of cherries and 1 gallon of water.

Woodford Punch

This recipe uses a lot of grated lemon rinds. We left that part out and the punch still was very good.

- 2 quarts of prepared tea, strong
- 2 cups of sugar
- grated rind and juice of 8 lemons
- 1 grated pineapple
- 3 sliced bananas
- 1 pint of strawberries
- ice

To 2 quarts of prepared, strong tea add 2 cups of sugar and stir until sugar is dissolved. When cool, add grated rinds and juice of 8 lemons, 1 grated pineapple, 3 sliced bananas and 1 pint of strawberries. Chill until well-blended. Serve cold.

TEA PUNCH

These recipes use a little fruit and are really easy.

Tea Lemonade

Dating back to 1901, the original instructions said, "It makes a pleasant drink for old people." How times have changed.

*1 cup of prepared tea, weak and cold
juice of 1 lemon*

*To 1 cup of weak, cold tea, add the
juice of 1 lemon and sweeten to taste.*

Cranford Punch

- juice and rind of 3 lemons*
- ½ cup of sugar*
- 1 quart of water*
- 2 cups of prepared tea*
- 2 cups of fruit juice*
- sparkling water to taste*
- garnish with fresh fruit*

First, add rinds and juice of 3 lemons to ½ cup of sugar and 1 quart of water. Boil for 5 minutes, strain, and cool. Then, add 2 cups of prepared tea and 2 cups of fruit juice. Chill. Before serving, add sparkling water to taste. Garnish with fresh fruit.



Tea Punch

These versions use slightly different ingredients and do taste different. This is one of the few to use cloves. If you don't have or like cloves, just leave it out.

- *juice of 6 large lemons*
- *2 cups of grape juice*
- *2 cups of prepared tea*
- *3 cups of water*
- *½ cup of boiling water*
- *2 dozen cloves*

Mix together the juice of 6 large lemons, 2 cups of grape juice, 2 cups of prepared tea, 3 cups of water and sugar to taste. Separately, pour ½ cup of boiling water over 2 dozen cloves. Let stand for 5 minutes and then strain into mix.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

Tea Punch

Again, so very simple.

- 3 teaspoons of prepared tea, cooled
- 1 quart of boiling water
- juice of 4 lemons
- juice of 1 orange
- 1 ½ cups of sugar
- 1 quart of sparkling water
- 1 box of strawberries

Add ice to a pitcher and combine all the ingredients. Mix, chill and serve.

Tea Punch

Another simple version.

- 1 quart of boiling water
- 4 teaspoons of loose tea (or 4 tea bags)
- 1 cup of sugar
- juice of 4 lemons, strained
- 2 cups of sparkling water
- mint

Add 4 teaspoons of loose tea (or 4 tea bags) to 1 quart of boiling water. Steep, strain tea/remove tea bags and cool. Fill a pitcher half with ice adding 1 cup of sugar, strained juice of 4 lemons and the tea. Add 2 cups of sparkling water just before serving. Add mint and serve.



Tea Punch

This version uses more sugar and the raspberries add a nice flavor.

- 1 quart of boiling water
- 4 teaspoons of loose tea (or 4 tea bags)
- 5 tablespoons of lemon juice, strained
- 2 tablespoons of orange juice
- 2 cups of sugar
- 2 cups of sparkling water
- handful of raspberries or diced pineapple

Make 1 quart of tea by adding 4 teaspoons (or 4 tea bags) to 1 quart of boiling water. Steep and strain tea/remove tea bags. Separately, combine 5 tablespoons of strained lemon juice, 2 tablespoons of orange juice and 2 cups of sugar. Combine mix and tea and add 2 cups of sparkling water and ice. If desired, add a handful of raspberries or diced pineapple.

Hot Tea

Iced Tea

Russian Tea

Fruit Tea

Tea Punch

Tea Dessert

Tea Punch

To shred pineapple, trim it and make sure to remove the eyes. Then, just shred the fruit with a fork.

- 1 quart of boiling water
- 1 tablespoon of loose tea (or 3 tea bags)
- juice of 3 oranges, strained
- juice of 3 lemons, strained
- 1 pineapple, shredded
- 2 cups of sugar
- 1 quart of sparkling water

Add 1 tablespoonful of loose tea (or 3 tea bags) to 1 quart of boiling water. Steep, strain tea/remove tea bags and cool. Add strained juice of 3 oranges and juice of 3 lemons as well as 1 shredded pineapple and 2 cups of sugar. Before serving, add 1 quart of sparkling water.

Tea Punch #2

This version originally called for brown sugar, but we used regular sugar and it worked fine.

- juice of 6 lemons
- rind of 4 lemons, grated
- 3 quarts of water
- 10 teaspoons of loose tea (or 10 tea bags)
- oranges, thinly sliced
- mint

To a pot, add juice of 6 lemons and grated rind of 4 lemons. Then, add 3 quarts of water, sugar, to taste, and bring to a boil. Add 10 teaspoons of loose tea (or 10 tea bags) to the boiling lemon mix and steep for 10 to 15 minutes. Strain tea/remove tea bags. Chill. Add thinly sliced oranges and mint to each glass. Makes 12 large glasses.

Temperance Punch

This punch dates back to 1909.

- 1 tablespoon of loose tea (or 3 tea bags)
- 2 quarts of boiling water
- juice of 3 lemons
- juice of 1 orange

Make tea with 1 tablespoon of loose tea (or 3 tea bags) and 2 quarts of boiling water. Steep and strain tea/ remove tea bags. In a pitcher, place juice of 3 lemons and juice of 1 orange. Add tea to juice. Sweeten to taste. Chill and serve.

Yale Punch

The ginger ale and sparkling water combined with tea produce a nice punch.

- 1 cup of sugar
- 1 cup of prepared tea, hot
- $\frac{3}{4}$ cup orange juice
- 2 cups of ginger ale
- 2 cups of sparkling water
- orange slices, optional

Add 1 cup of sugar to 1 cup of prepared, hot tea. After sugar has dissolved, add $\frac{3}{4}$ cup of orange juice. Chill. Before serving, add ice, 2 cups of ginger ale and 2 cups of sparkling water. Garnish with orange slices.

TEA DESSERTS

*T*here are just not enough Tea Desserts. Here are a few easy ones.

French Tea Cream

This dessert has a few steps, but is still easy.

- 1 quart of cream
- 1 tablespoon of loose tea (or 3 tea bags)
- 5 eggs
- 5 tablespoons of sugar
- 1 package of gelatin
- 1 cup of cold water
- whipped cream (optional)

Scald 1 quart of cream. Remove from heat and add 1 tablespoon of loose tea (or 3 tea bags). Cover for 6

minutes and strain tea/remove tea bags. Return to heat in a double boiler and add 5 eggs and 5 tablespoons of sugar which have been beaten together. Stir until as thick as custard. Remove from heat and add 1 box of gelatin which has been soaked in 1 cup of cold water. Stir until dissolved. Strain and set until firm. Serve with whipped cream.

Frozen Tea Sherbet

This sherbet really is refreshing on a hot day and it is easy to do.

- 1 quart of prepared tea, herbal or flavored tea preferred
- juice of ½ a lemon
- peel of ½ a lemon, finely chopped

To 1 quart of prepared tea, sweetened to taste, add the juice of ½ lemon and the finely sliced peel. Freeze.

Macedoine Frappe

One of several versions of Tea Frappes.

- 1 quart of water
- 2 cups of sugar
- rind of 1 lemon
- juice of 3 lemons
- ½ cup of orange juice
- ½ cup prepared tea, strong
- 1 pineapple, finely chopped
- 2 cups of sparkling water

Add 1 quart of water, 2 cups of sugar, rind of 1 lemon and boil 10 minutes. Strain out the lemon and cool. Add juice of 3 lemons, ½ cup of orange juice, ½ cup prepared strong tea, 1 finely chopped pineapple and 2 cups of sparkling water. Add more sugar if desired. Freeze until granular.

Mint Frappe

The cucumber adds a nice flavor.

- *1 peeled cucumber, sliced*
- *mint, bunch*
- *3 oranges, sliced*
- *1 lemon, sliced*
- *1 cup of cherries*
- *1 cup of prepared tea*
- *sparkling water*

In a pitcher, add 1 peeled and sliced cucumber, fresh mint, 3 sliced oranges, 1 sliced lemon, 1 cup of cherries and 1 cup of prepared tea. Sweeten to taste and chill. Before serving, dilute to preferred strength with chilled sparkling water. Garnish with mint and serve.

Prunes in Tea Jelly

The more you like prunes, the more you will enjoy this very interesting use of tea.

- $\frac{1}{2}$ pound prunes (with no pits)
- $\frac{1}{3}$ cup of sugar
- 1 tablespoon of gelatin
- $\frac{1}{4}$ cup of cold water
- prepared tea
- rind of 1 orange, grated
- 1 tablespoon candied lemon peel, finely chopped
- 2 tablespoons lemon juice
- 1 cup of split, blanched almonds
- cream (optional)
-

Cook $\frac{1}{2}$ pound of prunes until tender in just enough water to cover.

When nearly cooked, add $\frac{1}{3}$ cup of sugar. Cool, strain and add enough tea to make 1 $\frac{1}{2}$ cups. Cut prunes in quarters. Soak 1 tablespoonful of gelatin in $\frac{1}{4}$ cup of cold water and dissolve in the hot prune juice and tea mixture. Next, add grated rind of 1 orange, 1 tablespoon of candied lemon peel, finely chopped, as well as 2 tablespoons lemon juice. Set aside and stir occasionally as it thickens. Then, stir in the prunes and $\frac{1}{4}$ cupful of split and blanched almonds. Pour in individual molds and serve with custard or cream.

Tea Frappe

The simplest Tea Frappe ever.

- 6 teaspoons of loose tea (or 6 tea bags)
- 8 cups of boiled water

First, warm a teapot by swirling around, and then emptying, some freshly boiled water. In the warmed teapot, add 6 teaspoonfuls of loose tea (or 6 tea bags) and pour in 8 cups of freshly boiled water. Steep and strain tea/remove tea bags. Pour into pitcher and sweeten to taste. When cool, place into freezer.

Tea Frappe #2

This late 1890's recipe listed the cost all the ingredients as 30 cents.

- 4 teaspoons loose tea (or 4 tea bags)
- 2 cups of freshly boiling water
- 1 cup of sugar
- 2 cups of water
- rind and juice of 3 oranges
- juice 2 lemons
- 1 cup pineapple

Add 4 teaspoons loose tea (or 4 tea bags) to 2 cups of freshly boiled water. Steep and strain/remove tea bags. Separately, boil 1 cup sugar and 2 cups water for 5 minutes. To this, add rind and juice of 3 oranges, juice of 2 lemons and 1 cup pineapple. Add tea to mixture and freeze.

Tea Ice Cream

Both of these recipes of Tea Ice Cream are easy and good.

- 1 cup of prepared tea, strong (herbal or flavored tea work best)
- 4 tablespoons of sugar
- 2 cups of vanilla custard
- 1 tablespoon heavy cream

Add 4 tablespoons of sugar to 1 cup of very strong tea. When cool, mix with 2 cups of vanilla custard and 1 tablespoon heavy cream. Freeze.

Tea Ice Cream #2

Make sure you do not give young children or the elderly uncooked eggs.

- 2 cups of milk
- 2 tablespoons of tea (or 2 tea bags).
- 4 beaten eggs
- 1 ½ cups of sugar
- 2 cups of rich cream

Scald 2 cups of milk. Remove from heat and add 2 tablespoonfuls of loose tea (or 2 tea bags). Cover, let stand for 5 minutes and strain. Return to heat, adding 4 eggs beaten to a froth with 1 ½ cups of sugar. Stir until thick as custard and cool. Add 2 cups of cream and freeze.



About Paul Gerst

Paul Gerst has always been an avid tea drinker. The desire to drink interesting tea led him to start teadog.com, an Internet tea store offering brands from around the world.

Paul led teadog.com to be recognized as one of the leading Internet retailers. The company earned the 2010 Bizrate Circle of Excellence Platinum Award, one of only 34 online retailers to earn this award. The award is very special because it recognizes online retailers that provided outstanding online customer experiences as rated by their own customers.

Prior to starting teadog.com, Paul worked for IBM. He was a Marketing Manager working with IBM Software Business Partners. At IBM, he was recognized with the Vice

Presidents Award for outstanding accomplishments in marketing.

In a previous career, he taught high school in Jersey City and served in the Jesuit Volunteer Corps.

He lives in Dallas with wife Heidi and young sons Andrew and Matthew.

Follow him on twitter.



To learn more or contact Paul, visit www.PaulGerst.com or stop by teadog.com.