

Cooking with Tea



Fall Edition

By: St. Fiacre's Farm

St. Fiacre's Farm



Artisan Loose Leaf Teas



Thanks for downloading our free E-book “Cooking with Herbal Tea” the fall edition. This time of year tea is excellent any time and in this case in any recipe! This is just a ‘tasting’ of what a person can do with tea when it comes to cooking.

My name is CeAnne and I’m the face behind St. Fiacre’s (fee-ah-kra) Farm. I’m a Catholic mother to four beautiful, adopted children and wife of 16 years to my husband, Paul. We started St. Fiacre’s Farm when moving to our 2 acres in the foothills of the Cascade Range in 2014. We have dreams of growing all of our own food and giving our children the space they need to grow and heal from their adoption journey.

Along with the goal of growing the bulk of our own food we also craft our own herbal medicines and teas. Shortly after moving to the farm we opened up our farm store with our herbal goods.

We specialize in hand crafted artisan loose leaf teas featuring Oregon grown ingredients. We believe we are stewards of the land and food is our best medicine. Herbs and spices are very much a part of that.

This e-book will show how those herbs and spices are not only consumed in teas, but how they can be incorporated into every day dishes both savory and sweet. We hope you enjoy this e-book. More recipes and herbal tutorials may be found on our blog at www.StFiacres.com/blog

Here is to a great cuppa from our farm to your home,
CeAnne

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Creamy Chai Latte



Ingredients:

Serves 2

4 - 6 TSP Loose Leaf Chai

(Recommended [Decaf Chai](#), [Cherry City Chai](#) and/or [Gingerbread Spice](#))

2 TBL Organic Maple Syrup or Local Raw Honey (or to taste)

1 C. Milk

Directions:

- 1.) Steep the tea in 12-16 oz of almost boiling water for 7-10 minutes.
- 2.) Warm up milk on stove so that its warm to the touch but not boiling and turn the heat off before the milk creates a skin over the top.
- 3.) Froth the milk using an electric frother or by placing it in a clean French press and pumping the press up and down until frothed.
- 4.) Add maple syrup to strained tea.
- 6.) Top with frothed milk and enjoy!

Pumpkin Spice Bullet Proof Tea



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St. Fiacre's Farm
Artisan Loose Leaf Teas

Decaf Chai

Ingredients
Organic Red Rooibos Tea, Organic Ginger Root, Organic Cinnamon, Organic Cloves, Organic Cardmom, Organic Peppercorns, Organic Star Anise, Organic Anise Seed, and Organic Fennel Seed.

Brewing Directions
Steep 1 tsp. of loose leaf tea per 8 oz cup of water (212° F) for 5-7 minutes.

24 - 30 cups
See the Tea Storage page for more information.
www.StFiacresFarm.com
P.O. Box 2

St. Fiacre's Farm
Artisan Loose Leaf Teas

Ingredients:

Serves 2

4 - 6 TSP Loose Leaf Chai

(Recommended [Decaf Chai](#), [Cherry City Chai](#) and/or [Gingerbread Spice](#))

2 TSP Butter, melted

2 TBL Organic or Homegrown Pumpkin Puree

2 TSP Organic Coconut Oil, melted

2 TBL Organic Maple Syrup or Local Raw Honey

1 C. Milk

1/4 tsp Pumpkin Pie Spice

Directions:

- 1.) Steep the tea (any way you like) in 12-16 oz of almost boiling water for 7-10 minutes.
- 2.) Add the pumpkin, maple syrup, butter, coconut oil and steeped (strained) tea to a blender.
- 3.) Blend on high for about 2 minutes (we used the hot chocolate setting on the Blend Tec) until fats have emulsified and mixed together with the other ingredients.
- 4.) Warm up milk on stove so that its warm to the touch but not boiling and turn the heat off before the milk creates a skin over the top.
- 5.) Froth the milk using an electric frother or by placing it in a clean French press and pumping the press up and down until frothed.
- 6.) Pour pumpkin mix from blender into a mug, top with frothed milk and sprinkle on Pumpkin Pie Spice. Enjoy!!!

Tea Infused Turkey Pinwheels



Ingredients:

Serves 6-10

6 Whole Wheat Tortillas

Deli Sliced Roasted Turkey

1.5 TBL Cranberry Tea (We used our [Coastal Cranberry Spice Herbal Blend](#))

6 oz of Hot Water

12-15 leafs of Romain Lettuce

1 - 8 oz container of Cream Cheese (We love Nancy's Brand filled with Probiotics)

1 TBL Pure Maple Syrup

Directions:

- 1.) Steep the tea in 6 oz of water for 10-15 minutes. Strain and set aside until cool.
- 2.) Once tea has cooled add steeped tea, cream cheese and maple syrup to food processor. Blend until everything is well incorporated.
- 3.) Spread 1/4 c. cream cheese mixture on one whole wheat tortilla making sure it is thin and even over the entire tortilla.
- 4.) Place two turkey slices down the middle of the tortilla with cream cheese.
- 5.) Place 2-4 leaves of romaine lettuce over the turkey.
- 6.) Roll tortilla tightly and slice in about 2 in. pieces. Top with steeped tea leaves for a little bit of flare.

Side Salad with Tea Infused Dressing



Ingredients:

Serves 4-6

- 1 Head of Lettuce of choice (we used a mix from our garden)
- 2 Med. Sized apples, sliced or diced, any kind you like
- 1 C. Walnuts Chopped
- 1 C. Dried Fruit of Choice (cranberries, raisins, aronia berries ect)
- 3 TBL Loose Leaf Berry Tea (We used our [Oregon Harvest Berry Blend](#))
- 6 oz of hot water (half a tea cup)
- 1/4 C. Organic Apple Cider Vinegar
- 1/2 C. Organic Avocado Oil
- 1/4 tsp Sea Salt
- 2 tsp Real Maple Syrup

Directions:

- 1.) Steep the tea in 6 oz of water for 10-15 minutes.
- 2.) While your tea is steeping, wash, dry and chop head of lettuce, place in salad bowl.
- 3.) Slice or dice apples and sprinkle on top of lettuce.
- 4.) Chop walnuts and sprinkle on salad and then add your dried fruit of choice.
- 5.) When your tea is done steeping and has cooled to room temperature. Strain tea leaves. Add tea to a bowl or blender with apple cider vinegar, avocado oil, sea salt and maple syrup. Mix or blend.
- 6.) Enjoy dressing over your salad to taste or on the side.

Green Tea Infused Rice



Ingredients:

Serves 4-6

1 C. Brown Basmati Rice

2 C. Water

2 tsp. Loose Leaf Green Tea of choice (We used our [Mossy Rock Green Tea Blend](#))

1/2-1 tsp sea salt or to taste

Directions:

- 1.) Add all ingredients to the Instant Pot or a Pressure cooker. Select Manual and set for 17 minutes for electric pots. For stove top pressure cookers bring up to pressure and then cook on high setting for 17 minutes. Both versions require steam to come down naturally.
- 2.) To cook on the stove top: Follow your basmati rice directions with the addition of the green tea and salt.

TIP! If you don't want to actually EAT the green tea leaves they can be steeped in the rice water, then filtered out prior to cooking the rice.

Chai Marinated Chicken Breast



Ingredients:

Serves 4

4 Chicken Breasts

1/2 C. Loose Leaf Chai (We used our [Chocolate Cherry Chai](#))

2 C. Water

1/2-1 tsp Sea Salt

Directions:

- 1.) Steep the tea in 2 cups of water for 5-7 minutes.
- 2.) Strain and place tea in Instant Pot OR pressure cooker.
- 3.) Add the salt and the chicken.
- 4.) Set for high pressure 8-10 minutes. Make sure to check for juices to run clear to ensure chicken is done.
- 5.) Remove chicken and keep warm.
- 6.) Turn the sautee feature on the pressure cooker and cook sauce down until reduced by half. This may also be done on the stove top in a pot.

TIP! Don't have a pressure cooker? This can be done on the stove top using a pot or pan, basically boiling the chicken in the chai tea. The chai tea may also be used as a marinade by just adding a bit of vinegar and oil to the chai. Then placing the chicken in the marinade over night in the fridge and grilling or baking the next evening.

Lavender Earl Grey Shortbread



Ingredients:

Serves 2

1 lb. Butter (softened, don't substitute this ingredient)

1 C. Coconut Sugar

3.5- 4 C. Whole Wheat Pastry Flour

2 TBL Loose Leaf Lavender Earl Grey Tea, ground

(We used our [Cascade Earl Grey w/ Oregon Lavender](#))

Directions:

1.) Cream together butter and sugar.

2.) Add in the ground lavender earl grey (we grind our loose leaf with mortar and pestal, or a coffee/spice grinder will work also.)

3.) Add 2.5 cups of flour to your cookie mixture. Blend well.

4.) Slowly add remaining one cup or so until you have a very stiff dough. Dough may need to have the flour needed in by hand. Your looking for a workable, non-sticky dough.

5.) Roll out into a rectangle about 1/2 inch thick. Slice into smaller rectangles and pierce with a fork.

6.) Bake on ungreased cookie tray at 325 degrees for 20-25 minutes or until they are lightly brown. Remove and cool on cookie rack.

Poached Pears w/ Berry Reduction



Ingredients:

Serves 2

8 C. Water

8 tsp. Chai or Berry Loose Leaf Tea of Choice (We used [Oregon Harvest Berry](#))

1/2 C. Local Honey

6 Ripe Pears

Directions:

- 1.) Steep the tea in water 20-30 minutes. ([Grab our 10 Ways to Brew Tea HERE](#))
- 2.) Peel pears leaving the very top and the stem. Core from the bottom and place in a pot with your steeped tea.
- 3.) Poach the pears with the tea over medium-low heat for 20-30 minutes until the pears are tender but not falling apart.
- 4.) Remove the pears from the tea, cover with tin foil to keep warm.
- 5.) Turn the heat up on the tea and cook until reduced by half.
- 6.) Place pears in serving bowls and top with tea sauce reduction. Some beautiful toppings might include bachelor buttons, toasted nuts, whipped cream or chocolate sauce.



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We're glad to have you as part of our tea party down on
the farm! See you again soon,

CeAnne & Paul Kosel



St. Fiacre's Farm



Artisan Loose Leaf Teas

www.StFiacresFarm.com