

Cooking with Tea Recipes

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- Recipe shared by Kristin

Turmeric Ginger Coconut Carrot Soup (yields 10-12 cups)

2 Qt. vegetable broth (divided)
6 Tbsp. Rishi Tea's Turmeric Ginger
2 Tbsp. olive oil
1 large sweet onion
2 cloves minced garlic
2 lbs carrots
3 red skin potatoes
1-14 OZ. can of coconut milk
2 Tbsp. raw honey
1 Tbsp. fresh lemon jice
2 cups boiling water
salt and white pepper

Simmer 4 Tbsp. of Turmeric Ginger tea in 1 qt of vegetable broth for 10 minutes. Strain and set aside. Heat oil in a large soup pot, Sauté onion and garlic 3 to 5 minutes, or until onion is translucent. Pour Turmeric Ginger infused broth into the pot with remaining quart of vegetable broth, bring to a boil. Add chopped & peeled potato and carrot; cover and cook until vegetables are tender, stirring occasionally. Add coconut milk; cover and cook 5 more minutes. Puree to a smooth consistency with an immersion blender. In separate teapot Steep 2 Tbsp. of Turmeric Ginger in 2 cups boiling water for 5 minutes, strain and add to soup. Stir in raw honey and lemon juice. Season with salt and pepper.

Cinnamon Plum Punch (makes about 1 gallon)

Combine in a large punch bowl:

16 OZ orange juice
16 OZ cranberry juice
20 OZ club soda
20 OZ ginger ale
32 OZ freshly brewed Cinnamon Plum

Garnish with fresh blackberries and raspberries

Pour over ice.



- Recipe shared by Chelsea



Savory Bread Pudding (Makes 4-6 servings)

- 1 1/2 cups milk
- 3 Earl Grey tea bags or 1 Tbsp. Earl Grey tea leaves
- 3 eggs
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 4 cups dry French or Italian bread roughly torn into 1 1/2-inch cubes
- 1 Tbsp. olive oil
- 1 large onion, diced
- 6 oz. button mushrooms, sliced (2 cups)
- 1 large clove garlic, minced
- 4 oz. feta cheese, crumbled (1 cup)
- 1 Tbsp. finely snipped flat-leaf parsley
- 1/2 cup finely shredded Parmigiano-Reggiano cheese (2 oz.)

1. Bring the milk just to simmering; remove from heat. Add the tea bags or loose tea and infuse for 5 minutes. Squeeze the bags or strain the tea, pressing to extract as much liquid as possible, and discard. In a large bowl lightly beat the eggs and gradually stir in the milk. Season with the salt and pepper. Stir in the bread cubes and let them stand for 15 minutes to absorb the liquid.

2. Butter a 2-quart square baking dish; set aside.

3. Heat olive oil in a large skillet over medium-high heat. Sauté onion and mushrooms until the onion is lightly browned, about 5 minutes, stirring or shaking the pan occasionally. Stir in the garlic and cook 1 minute more. Gently fold mushroom mixture, feta cheese, and parsley into bread cubes. Do not overmix. Spoon into the prepared baking dish. Bake in a 325°F oven 30 minutes or until center is set (160°F). Sprinkle with Parmigiano-Reggiano; bake 5 minutes more or until melted. Remove; let stand 10 minutes before cutting.

China Breakfast Truffles with Irish Cream

(Makes about 50 truffles)

- 1 1/4 cups heavy cream
- 6 Tbsp. loose leaf China Breakfast tea, divided (or another black tea of choice)
- 1/3 cup Irish cream liqueur
- 1/3 cup boiling water
- 10 oz. milk chocolate, chopped
- 6 oz. bittersweet chocolate, chopped
- 6 Tbsp. unsalted butter
- Dash of sea salt
- 1/2 cup unsweetened cocoa powder

In a small saucepan, bring the cream just to a boil and add 1/4 cup of the tea leaves. Remove from heat, cover, and let steep 45 minutes.

While the tea steeps in the cream, brew 1 Tbsp. of the remaining tea leaves in the boiling water for 4 minutes. Strain and set aside, discarding the spent leaves.

Strain the cream, pressing on the leaves to squeeze out as much cream as possible; this should yield about 2/3 cup. Add enough Irish cream to equal 1 cup of liquid. Return to the small saucepan and heat until warm (do not boil).

Melt the two chocolates and the butter in a double boiler (or a microwave) until just smooth. Remove from heat and slowly stir in the cream mixture, the salt, and the reserved brewed tea. Cover and refrigerate at least 3 hours or up to 5 days.

When ready to roll the truffles, allow the chocolate to soften at room temperature for a few minutes. Grind the remaining dry tea leaves to a fine powder with a mortar and pestle. Mix with the cocoa powder in a small bowl. Scoop out teaspoon-sized chunks of the chocolate mixture and roll into balls between your palms, and roll in the cocoa-tea mixture.

Serve immediately or chill in a resealable container for up to 1 week, or store in the freezer for up to 1 month. If storing for later use, roll the truffles in the cocoa mixture just before serving.



- Recipe shared by Rachel

Rooibos Sandies with Rooibos Honey jam (Makes about 18-24)

Cookies:

- 1 cup unrefined coconut oil
- 5 Tbsp. loose rooibos tea (divided)
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 vanilla bean, seeds scooped out
- 1 Tbsp. fresh lemon juice
- 2 cups baking flour (I used Bob's Red Mill all-purpose GF Baking mix)
- 1/4 tsp. sea salt
- *1/2 tsp. cornstarch or xanthan gum *only if using GF flour

Rooibos Honey jam:

- 8 oz. triple strength rooibos tea, steeped overnight
- 4 oz. of raw, mild-flavored honey
- Squeeze of fresh lemon
- 1 tsp. minced young ginger
- Packet of pectin and calcium powders

Cookie Prep:

*2 days prior: Melt coconut oil in a jar and add 2 Tbsp. of rooibos. Store in warm area (on stovetop is good, if you cook often) to remain liquid for 2 days, allowing tea to infuse into oil. Heat on stove (in a water bath) or microwave occasionally to keep temperature warm and oil liquid.

*One hour prior: Place liquified coconut oil (with rooibos still remaining) in freezer to firm up, checking every 10 min until consistency of softened butter

Pre-heat oven to 350°F

Add sea salt, cornstarch/xanthan gum to flour and blend well.

In large mixing bowl, cream together softened coconut oil and sugars

Add vanilla seeds and lemon juice. Mix together thoroughly

Add remaining rooibos leaves to mixture

Add flour 1/2 cup at a time until well blended

Scoop small balls of dough (about 2 Tbsp. in size), roll into a sphere and place 1 inch apart on oiled cookie sheet

Using your thumb, or the back of a melon baller, press an indent into each cookie

Bake for 15-20 min until light golden

Cool completely before moving; cookies will be very buttery and 'sandy' in texture

Jam Prep:

Strain rooibos tea after overnight steep; reserve 1 Tbsp. of leaves

Bring strained tea and 1 tsp. of calcium water mixture (see instructions on pectin mix box) to a boil

Add honey and 1 tsp. of pectin powder; drop heat to medium-low whisk constantly until blended

Squeeze in about 1 Tbsp. lemon juice; add minced ginger and reserved rooibos leaves

Remove from heat and allow to sit and thicken

If jam is too thick (should be spreadable, but not runny), reheat and add more juice or rooibos tea

If jam is too thin, reheat and add more honey & pectin blended together, about 1 tsp at a time (adding an equal amount of calcium water). Spoon jam into thumbprint of each cookie just before serving.