

Ever wondered what that bizarre beverage served with a fat straw in a plastic cup with brown balls at the bottom was? Find what makes this beloved wonderdrink with more than 250 flavors bodacious in THE BOOK ABOUT BUBBLE TEA.



BO BA

THE BOOK ABOUT BUBBLE TEA

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THE BOOK ABOUT BUBBLE TEA
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TO ALL MY BUBBLE TEA
FIENDS

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01

WHAT IS BUBBLE TEA

The all-in-one beverage and snack. Although the drink first originated from a mix of real tea and fruit flavoring, this fun drink has recreated itself to being known as a tea, coffee, or smoothie with tapioca at the bottom.



BOBA DRINK · BUBBLE TEA · PEARL TEA DRINK

Bubble tea, also known as boba tea or tapioca tea, originally came from Taiwan in the '80s. It is a wide variety of refreshing flavored fruit teas and milk teas, served ice cold or piping hot, with chewy natural tapioca balls that you suck up through a big fat straw.

Though it has been all over the United States for over a decade, bubble tea still remains a mystery to most Westerners. Hopefully after learning a little more about the drink you will be past that stage of recognizing it as that bizarre beverage served with brown balls at the bottom, most likely sipped by an Asian teenager.

The true origins of the name come from the small floating bubbles that are created by the vigorous shaking involved in making bubble tea. The tea can be green tea, oolong tea, black tea or milk tea. But these days, it seems that bubble tea doesn't even have to contain tea! Newer variations include "snow ice"—a sort of powdered coffee-based, frozen-and-blended drink. Other variations are cream-based drinks and fruit-based drinks that are made without any actual tea.

The chewy drink can involve flavored syrups similar in concept to an Italian soda, real fruit slices and/or whole fruits pulverized into a milkshake or ice shake. There's a universe of flavors and styles, ranging from burning-hot cake frosting to avocado, and scientists come up with new ones all the time.

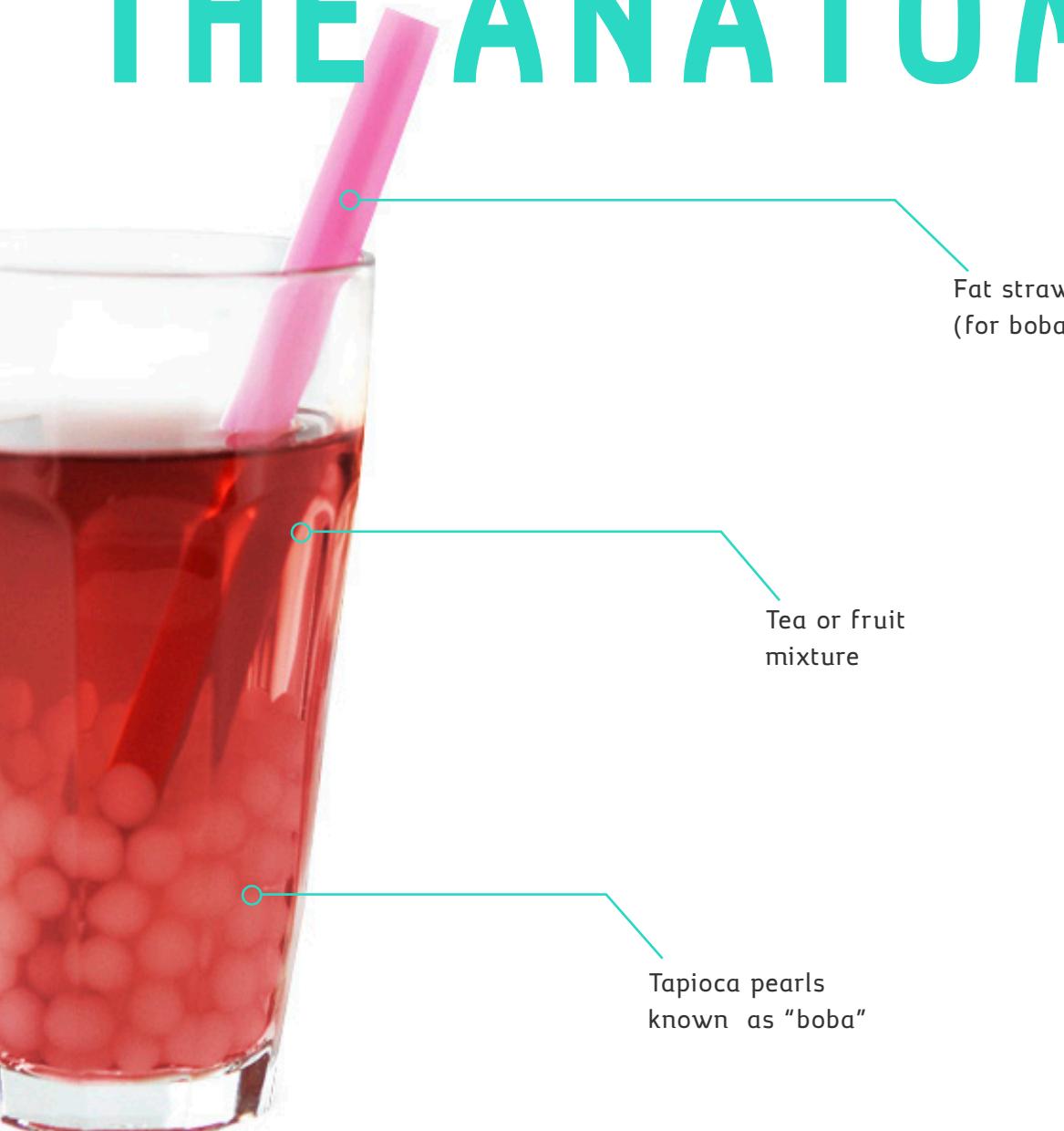
Bubble tea varies by changing up the kind of tea, the use or absence of milk or creamer, the addition of flavored syrups, the type of textured toppings and the use of extra ingredients, like tapioca pearls or jellies. You can order it without the tapioca balls, but you would be robbing yourself from a true bubble tea experience. The tea drink can be served hot or cold with tapioca or other additives, making this beverage great for any weather.



10 INTERESTING FACTS ABOUT BUBBLE TEA

- 1 Invented in 1988 in Taiwan, China.
- 2 In Chinese, bubble tea is *zhen zhu nai cha*, which translates to pearl milk tea. Locals in Hong Kong started calling it *boba*, which means "big pearls."
- 3 The bubble in bubble tea refers to the bubble foam at the top of the tea after it's been shaken to enhance its flavor.
- 4 Tapioca balls are made of cassava root. Brown sugar is added to give them their dark color.
- 5 Boba can also be white, transparent, green or other colors depending on the ingredients.
- 6 Boba is/should be the consistency of gummy bears. If they feel like an unripe banana, they're undercooked. If they feel like Jell-O, they're overcooked.
- 7 The drink can come in an array of flavors, including lychee, cantaloupe, honeydew, taro, almond, avocado, etc.
- 8 Can be served cold or piping hot.
- 9 Additives include pudding, aloe vera and a variety of jellies.
- 10 Parents should take caution as children can choke on the tapioca.

THE ANATOMY OF BOBA



Fat straw
(for boba)

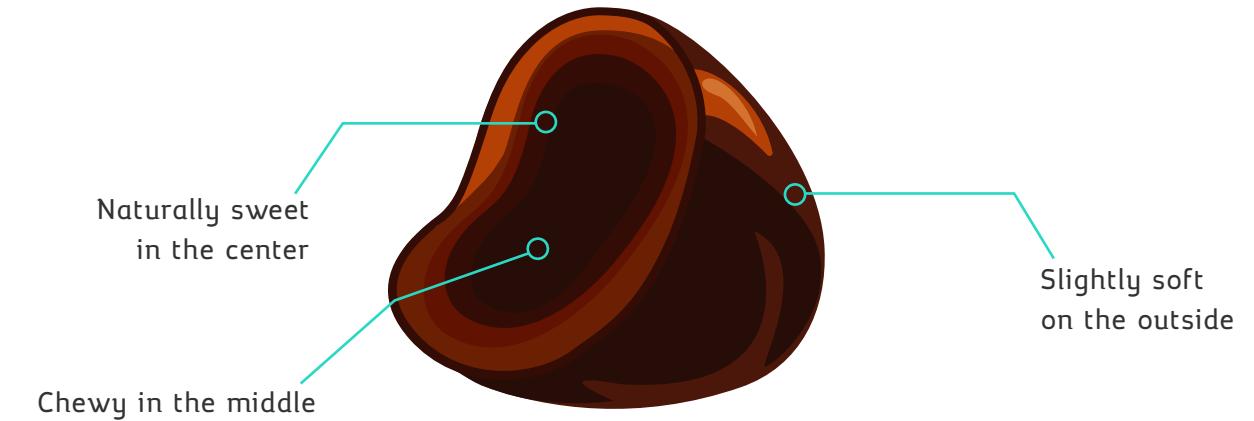
Tea or fruit
mixture

Tapioca pearls
known as "boba"

WHAT ARE TAPIOCA PEARLS AND WHERE DO THEY COME FROM?

In the world of bubble tea, tapioca is not a flavorless pudding but rather individual starchy brown spheres plumped in hot water to the size of champagne grapes. Tapioca comes from the cassava root, also known as yuca, or manioc, which is a staple in Africa and South America. The roots can be bitter or sweet and should be cooked before eating as they contain poisonous chemical hydrocyanic acid. Tapioca comes from the

starch extracted from the cassava root. It can be sold as flour or as pearls. The squishy and slightly sweet balls are always found resting at the bottom of a cup of bubble tea. The squishy pearls have nothing to do with flavor. It's all about the chewy texture that makes this tea drink an all-in-one beverage and snack.



TOP BOBA DRINK COMBINATIONS

There are now 250 varieties of flavors and choices of a bubble tea drink. The fruity and creamy ones are the most popular variations. Below illustrates the layers of the most popular combinations among fan's pallets.



Thai Tea with Boba



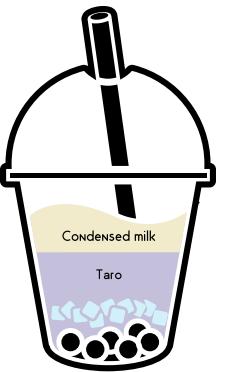
Milk Tea with Boba



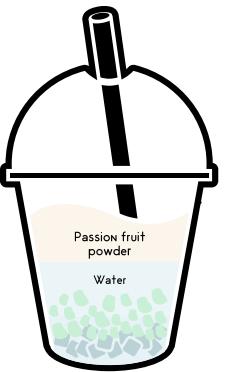
Green Tea Slush with Boba



Red Bean Smoothie



Taro Slush with Boba



Passion Fruit Tea with Aloe



Coconut Chai Bubble Tea



Honeydew Bubble Tea



BANANA PINEAPPLE Bubble Tea



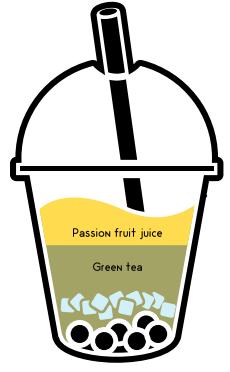
Mango Bubble Tea



Jasmine Tea with Boba



Milk Tea with Apple Jelly



Passion Fruit Green Tea



Strawberry Milk Tea with Boba



Avocado Smoothie with Boba



Thai Almond Milk Tea with Boba



Iced Coffee with Boba



Lychee Bubble Tea



Ginger Bubble Tea



Peach Oolong Tea with Boba

02

WHAT MAKES BOBA BODACIOUS

There are over 100 types of the tea-based drink. The drink is made out of four main components—base, flavor, creamer, sweetener, and toppings or additives. These factors are what differentiate the types of bubble tea.



FACTOR #1

Base



MATCHA
Green tea powder



Typically, different types of black tea, green tea, oolong tea, milk tea—which is tea cut with condensed milk and sugar—or even coffee form the basis of this beverage. The tea used to make the bubble tea can be either brewed or in powder form. Black and green jasmine teas have a refreshing sweet taste when flavored syrup or juice-flavored powders are shaken with simple sugar syrup.

However, adding tea to the drink is not recommended for all of the flavors. Water or milk can act as a base for some bubble tea drinks especially fruit slushies.

HOW IS POWDERED TEA MADE?

Tea flavored powder is created to provide the traditional flavor of tea without the labor of brewing. Instant tea granules are made by using low pressure to extract liquid from fresh tea leaves. The liquid is then freeze dried to form a powder. Unfortunately, this type of processing destroys most of the antioxidants that make tea such a healthy drink.

FACTOR #2

Flavor



WATERMELON
Flavored powder



Bubble teas are available in thousands of forms largely due to the huge variety of flavored syrups and powders used to make them. The flavors can be as crazy as avocado. Some of the most popular flavors are almond, coffee, ginger, honeydew, lychee, taro and strawberry. Powder and syrups with the flavors of tropical and other fruits are very popular ingredients in bubble tea.

JUICE FLAVORED SYRUPS VS. FLAVORED POWDER

Flavored syrups are a strong thick concentrate used to infuse tea with fruit flavors or for frozen blended bubble tea. Some syrups even contain bits of the actual fruit. Powders contain less fruit flavoring, however are better for more milky flavored bubble teas.

FACTOR #3

Creamer



Although the flavored powder has a milk powder already within its ingredients, using an additional creamer provides body to the bubble tea. Recommended creamers are non-dairy creamer, half-and-half, and milk. Half-and-half adds a thicker body to the drink and will taste more like ice cream or a milkshake. If using milk, whole milk is suggested. Milk gives your bubble tea a more natural creamy taste and texture.

WHY USE NON-DAIRY?

Non-dairy creamer seems to fulfill the same full-bodied milk taste while providing a long-lasting flavor to bubble tea as other creamers. Its milk fragrance, added moisture and texture to food, quality and cheap production costs are reasons why it is the most common form of creamer used in bubble tea shops.

FACTOR #4

Sweetener



CANE WHITE SUGAR
For simple sugar syrup



While the flavored powder already has a sweetener included in its mix, it is recommended to add a bit more to your bubble tea. The most commonly used sweeteners are white or brown sugar, fructose, and honey. White or brown sugar is normally made into a simple sugar syrup, which enhances the fruit flavoring. Simple sugar syrup, made with pure cane sugar, is the most recommended sweetener for bubble tea as it adds a more natural taste to the tea.

HOW TO MAKE SIMPLE SUGAR

Stir together equal amounts of boiling water and sugar until dissolved. Set aside to cool. Cane white sugar is recommended to add the perfect sweetness to your bubble tea. The sugar syrup is also great for sweetening the tapioca pearls after they have been cooked.

FACTOR #5

Additives



COCONUT JELLY
Cut into small cubes



The texture, or what people in Taiwan call it “QQ,” of your bubble tea is the most important part and it comes from the toppings or additives. The most popular chewy additive is the tapioca pearl, which comes in two colors; the traditional black and the new pastel colored pearls. You can think of additives as anything fun to suck up through the fat straw served with your tea.

The list of toppings or “bottom-ings” is endless. Other than tapioca, the most common you will see in drinks are mango jellies, lychee, pineapple jellies, aloe vera jelly and “frog eggs,” which is a type of basil seed that develops a mucous-like lining when placed in liquid.

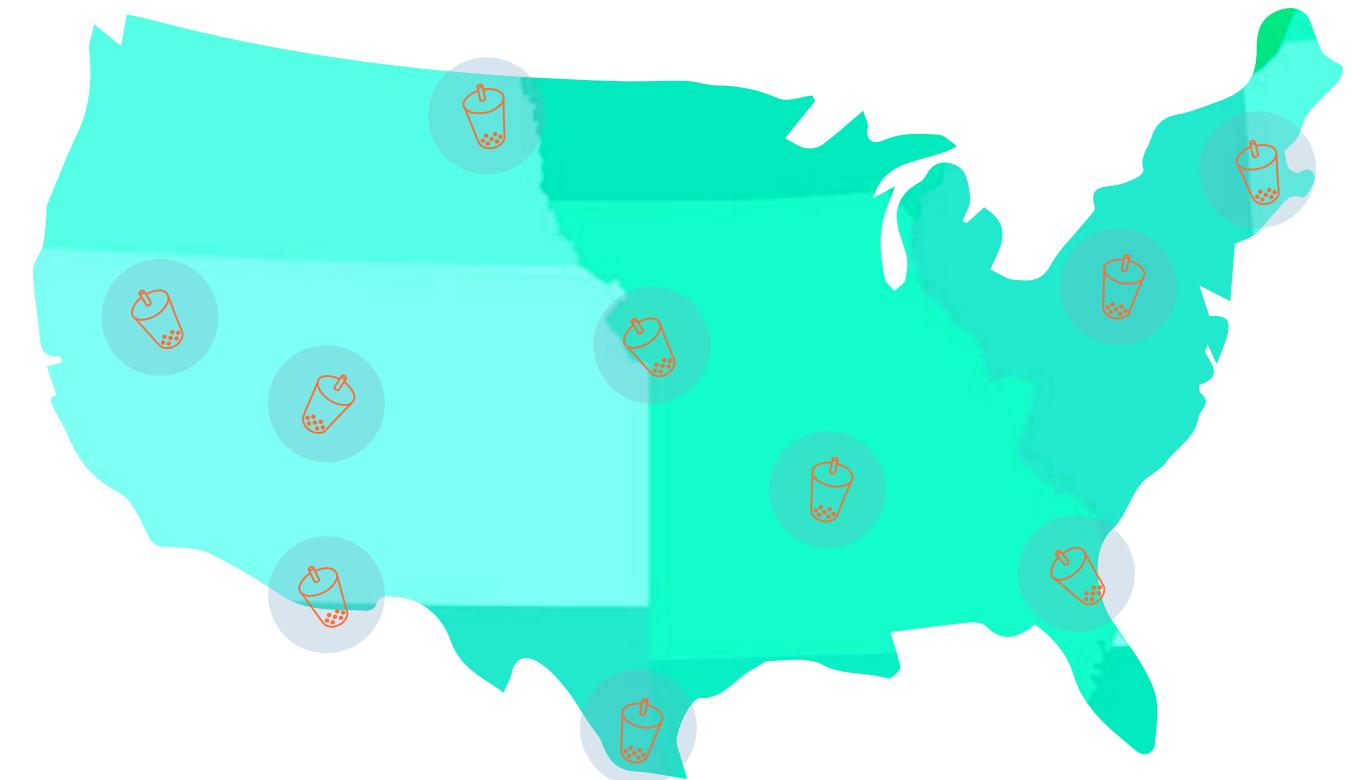
WHAT DOES “QQ” MEAN?

QQ refers to the chewy texture that is adored in Chinese and Taiwanese cuisines. It is an onomatopoeia for “chew-chew.” QQ drinks get their texture from additives like jellies and pudding. They do not have to be flavorful to be popular and usually are not. Naturally these chewy additives have no flavor. A prime example of this is the tapioca pearl. Most of the sweet flavor comes from the syrup and sugar added to the drink.

03

LOCATIONS OF BOBA'S FINEST

Whether called boba or pearls, tapioca balls by any name would taste just as sweet, but that doesn't mean they're all just as good. Taiwan set the ball rolling in the 1980s and boba has become an international craze since. Most fans argue that the best bubble tea can be found in the west coast, but every spot has their own preference of boba.



HOW TO ORDER YOUR FIRST BUBBLE TEA DRINK

After reading this book, you should understand how complex a bubble tea drink can be and might question how others are capable of choosing and ordering which flavor and topping they want out of an array of choices. You can find all the help you will need with your first bubble tea encounter in this **HANDY SIX-STEP GUIDE TO UNLOCKING THE BUBBLE TEA ACHIEVEMENT IN YOUR LIFE**

STEP 1: STAY CALM

You are about to embark on a life-changing experience. Don't rush it! Breathe. Count to seven. Proceed to the counter.

STEP 2: MENTALLY ORGANIZE

The plethora of available options may make you feel like you're drowning in a sea of tea, but don't worry. An abundance of options just means more opportunity for deliciousness, and having choices means you can make sure you have exactly what you want, how you want it. As you stare at the menu, ask yourself, "Do I like the strong, slightly bitter flavor of tea, or do I prefer sweet and fruity?" Answering this simple question can help you narrow your options right off the bat. If you like the former, go for a milk tea. If you lean toward the latter, consider going for your favorite fruit infused with green tea, juiced, or blended, perhaps a mango bubble tea.

STEP 3: CHOOSE YOUR LEVELS

Many bubble tea shops offer the option to decide the amount of sugar and ice that is added to your drink. This is typically done by a percentage system ranging from 0% to 100%. Ordering the maximum amount of sugar can equal a drink that is overwhelmingly sweet, so unless you really have a sweet tooth, I would recommend somewhere between 30% and 70%. When it comes to ice, believe me when I say less is more. Unless it is an unreasonably hot day, a little ice will go a long way without watering down your drink too much. If this option is not available to you, then trust that your bubble tea expert made the perfect cup of bubble tea just for you!

STEP 4: PICK A TOPPING

What is available to you in this step depends completely upon which shop you have chosen to patronize. In almost all cases, you will find the original black tapioca balls called boba. If you want the most original and traditional experience, go with these



in a nice black or red milk tea. If the idea of gooey black balls filling your straw is too much for you this early in the game, try adding some colorful jellies or juicy popping boba. For a more balanced flavor, avoid mixing fruit tea with fruit jelly. A nice combination might be a black milk tea with coconut jelly.

STEP 5: WAIT PATIENTLY

The staff of the bubble tea shop is comprised of trained professionals, or "bubble tea experts." At this point, you simply need to trust them to do their

job and do it well. Just relax and wait for this life-changing moment.

STEP 6: THE FINALE

Grab the drink, pop in your first fat straw, take a sip and try to hold in your excitement.





BOBA TIME Los Angeles, California

Franchise

Wide windows and blonde wood walls make Boba Time the perfect afternoon haunt. The boba is soft to the core and they have options galore: smoothies, frappuccinos, shaved ice, slush, iced milk, fresh juice, coffee, milk tea, and shakes. If you're feeling adventurous, try a sweet potato smoothie. If you want to satisfy that sweet tooth and get a brain freeze to boot, try one of their "milk fluffs"—not to be confused with the shaved ice which doesn't have the same creaminess or lightness. A top ordered drink would be the green tea milk fluff with condensed milk drizzle, fresh strawberries and boba.



THE BOBA TRUCK Los Angeles, California

Food Truck

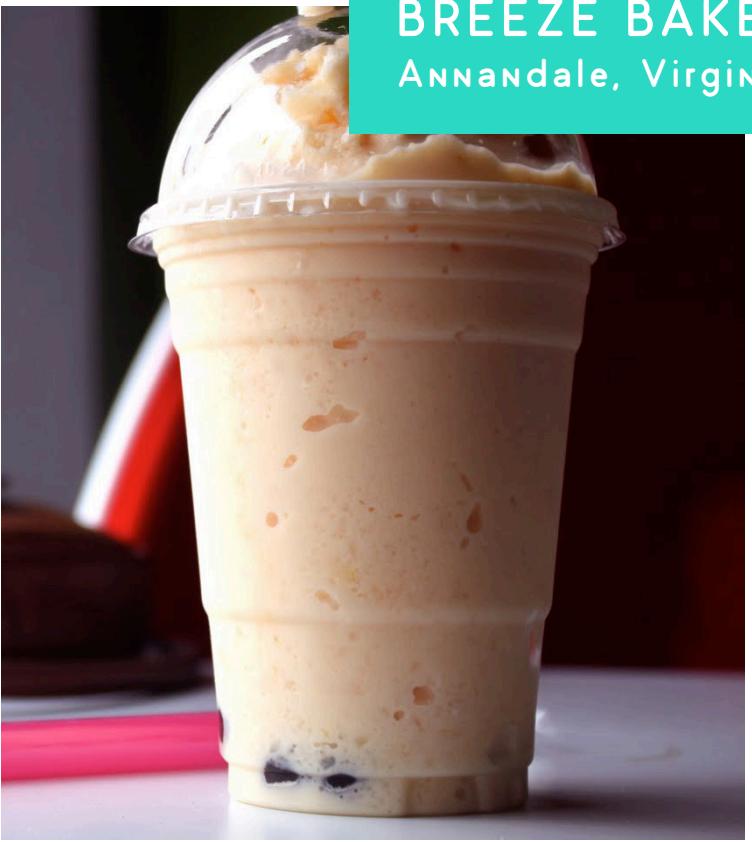
Amid the LA communities, a wild boba truck appears! Here it is, there it goes—you can check their Twitter feed for the exact location. Their teas are steeped with real leaves and make the chase worth your while. The incredibly friendly staff will entertain your questions about the difference between "premium" and "regular" milk teas (regular flavored tea options have flavoring in them whereas premium teas are steeped with real flowers or bits of fruit).

Favorites

- Taro Milk Tea
- Mango Slush with Boba
- Pistachio Frappe
- Matcha Milk Tea

Favorites

- Pomegranate Tea with Aloe
- Cherry Blossom Green Milk Tea
- Rose Milk Tea
- Peach Oolong



BREEZE BAKERY CAFE Annandale, Virginia

📍 Mom And Pop

This go-to spot for the crowds of Annandale serves a wide selection of pastries, both sweet and savory, food, bingsoo, gelato and of course their signature bubble teas. With an ample amount of seating space and outdoor deck, it's a great hangout spot for friends. Almost all the smoothies, lattes, and teas can be served with tapioca pearls.



FRUITEALICIOUS Texas

📍 Franchise

Fruitealicious started in Carrollton, Texas, in 2008. The company has put their own spin on beverages like bubble tea. Their extensive menu allows customers to create their own custom iced teas, lemonades, soda, smoothies, slushes or protein shakes. Whether you are looking for perfectly cooked tapioca pearls, a great selection of fruit jellies or popping boba, Fruitealicious has it all.

🍴 Favorites

- Iced Thai Tea with Boba
- Yogurt Bubble Smoothie
- Iced Green Tea with Boba
- Taro Slush with Boba

🍴 Favorites

- Spotted Cow with Boba
- Horchata with Boba
- Purple Oreo (Taro Slush)
- Milk Tea with Boba and Flan



JOY YEE NOODLE Chicago, Illinois

Franchise

Joy Yee is the first in the Midwest to offer Taiwanese style bubble teas and the first to combine the South Asian fresh fruit smoothies with tapioca balls. Aside from its bubble teas, Joy Yee offers a combination of different dishes and styles from across Asia. Some customer favorites include peach mango freeze, taro smoothie, and strawberry milk tea.

Favorites

- Avocado Bubble Freeze
- Lychee Mango Coconut
- Pineapple Tea with Boba
- Coconut Milk Tea with Boba



CoCo FRESH TEA & JUICE New York & California

Franchise

CoCo Fresh Tea & Juice has expanded its business in China, Hong Kong, Southeast Asia and the United States. It has become a leading brand in the freshly-made drinks industry. There is a ton of variety, but not enough to overwhelm you and smack you in the face with confusion of what to order. CoCo specializes in both their hot and cold teas with boba. Two of the customer favorites are coco milk tea served hot with boba and taro slush.

Favorites

- Taro Slush
- Coco Hot Tea with Boba
- Mango Green Iced Tea
- Green Tea with Coconut Jelly



EGGETTES California

Franchise

Obviously known for their "Eggettes," a signature waffle that was brought over to the bay area from Hong Kong. Known as "Gai Daan Jai," this waffle snack is made fresh to order and can be ripped into little egg shaped pieces to enjoy. To complement these tasty signature waffles, Eggettes also serves tapioca drinks. Each drink is made to order and uses only the best selected ingredients, including real fruit and high quality brewed teas.

Favorites

- Almond Milk Tea with Boba
- Mango Freeze with Boba
- Honey Green Tea with Aloe
- Taro Milk with Taro Chunks



HALF & HALF TEA HOUSE California

Franchise

While the menu is very much overwhelming for a first-timer, you definitely have more than enough time to look over every single flavor since there is always a line out the back door entrance. Do not fret! The line moves pretty quickly and you get your drink in a matter of minutes after you order and pay. Be advised that they only have one size and it is that huge one that does not fit any cup holder known to mankind.

Favorites

- Milk Green Tea with Honey Boba
- Iced Milk Drink with Grass Jelly
- Passion Fruit Juice with Pudding
- Peach Green Tea with Pudding

05

ALL THE GOODNESS FROM HOME

From boiling the tapioca pearls to brewing your favorite tea, it does not take rocket science to conjure up your favorite cup of bubble tea. With a little time and the right ingredients, you can turn your kitchen into a bubble tea shop!



HOW TO: MILK TEA



WHAT YOU NEED

- 1 package raw tapioca pearls
- 1 cup white sugar
- 1 cup brown sugar
- tea bags of your choice of tea
- choice of creamer



STEP 1: PREPARE TAPIOCA

Boil pearls as directed on package. Once boiled, rinse pearls with lukewarm or cold water.



STEP 2: SUGAR SYRUP

Mix white sugar and brown sugar, and two cups of water in a pot. Bring to a boil, then remove from heat. Pour mixture into a bowl with the tapioca balls and let sit for 15 minutes.



STEP 3: MAKE TEA

Brew your favorite tea. Traditional milk tea is made with black tea.



STEP 4: ADD CREAM AND SUGAR

Mix 3/4 cup of tea with 2 tablespoons of cream and 1 tablespoon of the sugar syrup. Creamer can be half and half, milk, sweetened condensed milk or non dairy cream.



STEP 5: STIR TOGETHER

Put 3-4 tablespoons of cooked tapioca pearls in a glass and pour in the mixture.



HOW TO: GREEN TEA BUBBLE TEA

//////////

WHAT YOU NEED

- 1 package raw tapioca pearls
- 1/2 cup brown sugar
- 1/2 cup milk of choice
- 1 tbsp matcha
- 1/2 cup brewed green tea
- 5 ice cubes



STEP 1: PREPARE TAPIOCA

Bring 6 cups of water to a boil. Then add brown sugar and mix well. Add tapioca pearls and cook for 10 minutes on medium heat.



STEP 2: MIX

Stir milk, matcha and brewed green tea together.



STEP 3: SHAKE UP

In a cocktail shaker, add the milk mixture and ice. Shake well.



STEP 4: DRINK UP

Add tea mixture to a nice glass and enjoy!

HOW TO: TARO SLUSH



WHAT YOU NEED

- 1 package raw tapioca pearls
- 2 tbsp sugar
- 2 tbsp milk
- 3 tbsp taro flavor powder
- 5-6 ice cubes



STEP 1: PREPARE TAPIOCA

Bring 6 cups of water to a boil. Then add brown sugar and mix well. Add tapioca pearls and cook for 10 minutes on medium heat.



STEP 2: CRUSH AND BLEND

Add the ice cubes, sugar, milk, and taro flavor powder to the blender. Crush the ice in the blender then blend the ingredients together for a slushy consistency.



STEP 3: DRINK UP

Add slush mixture to a nice glass and enjoy!

HOW TO: STRAWBERRY MANGO BUBBLE TEA



WHAT YOU NEED

- 1/2 cup of boba pearls
- sprinkle of brown sugar
- 1 cup frozen strawberries
- 1 cup frozen mango
- 1 cup almond milk (or milk of choice)



STEP 1: PREPARE TAPIOCA

Bring 6 cups of water to a boil. Then add brown sugar and mix well. Add tapioca pearls and cook for 10 minutes on medium heat.



STEP 2: CHOP FRUIT

Blend strawberries, mango and almond milk in a blender or food processor.



STEP 2: DRINK UP

Spoon half of the pearls into a glass and top with the smoothie part. Drink and enjoy!



HOW TO: BANANA PINEAPPLE BUBBLE TEA

WHAT YOU NEED

- 1 package raw tapioca pearls
- banana
- pineapple
- milk
- ice



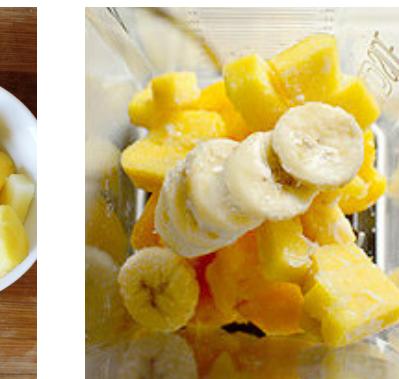
STEP 1: PREPARE TAPIOCA

Bring 6 cups of water to a boil. Then add brown sugar and mix well. Add tapioca pearls and cook for 10 minutes on medium heat.



STEP 2: CHOP FRUIT

Chop up banana and pineapple, making sure not to get the coarse bits of the pineapple.



STEP 2: BLEND

Add equal parts of milk, ice and fruit to your blender and blend.



STEP 4: DRINK UP

Add slush mixture to a nice glass and enjoy!

TERMS TO KNOW BEFORE YOU GO

ADDITIVES

Any topping or extra that you add to your tea drink that is fun to suck up through a fat straw. If it cannot be sucked through a straw, it is not bubble drink worthy.

BOBA

Translates to "big pearls."

BREWED

Made by boiling or steeping. Done with tea leaves or grinded coffee.

COCKTAIL SHAKER

Translates to "big pearls"

CREAMER

Gives bubble tea a creamy texture and flavor. Includes powder cream, half-n-half, milk, non-dairy creamer, and condensed milk.

FLAVORED POWDER

Contain less fruit flavoring, however are better for more milky flavored bubble teas.

FLAVORED SYRUP

Strong thick concentrate used to infuse tea with fruit flavors or for frozen blended bubble tea.

JELLIES

Used to add chewy or mushy texture to tea drink. Includes coconut jelly and lychee.

MATCHA

Finely milled or fine powder green tea.

POWDERED TEA

Instant tea granules made by using low pressure to extract liquid from fresh tea leaves. The liquid is then freeze dried to form a powder.

QQ

Chewy texture that is adored in Chinese and Taiwanese cuisines. An onomatopoeia for "chew-chew."

SIMPLE SUGAR SYRUP

Equal parts sugar and water used to make sweeten beverages and cold fruit drinks.

SLUSH

A flavored frozen drink.

TAPIOCA

A starch extracted from cassava root. Tapioca is one of the purest forms of starch food, and the production varies from region to region.

TAPIOCA PEARLS

Also known as boba. It is produced by passing the moist starch of tapioca through a sieve under pressure.

TAIWAN

The Republic of China.

TEA

Aromatic beverage commonly prepared by pouring hot or boiling water over cured leaves.



BO BA

THE BOOK ABOUT
BUBBLE TEA

ABOUT THE AUTHOR + DESIGNER

Hey there! You've reached the end of your boba tour. Hopefully you can go out and teach others a thing or two about bubble tea drinks. Enough tea talk; let's get to know a little about me! I'm graduating from George Mason University with a Bachelors in graphic design and a minor in business. Before I nailed graphic design to the board, there was chef, marine biologist, dermatologist, and aesthetician. Through graphic design I found a more specific skill set and role as front-end web developer. After my first web design class, I could not stop playing with code. Now with my background in graphic design and passion for code I am a proud front-end developer and visual designer.

I am a Pakistani American who enjoys the company of humorous people and food lovers like myself. My favorite activities include watching chick flicks and comedies on a nightly basis and spending quality time with my family and maltese. I also really enjoy playing tennis when the weather allows me to. It will not

take you long to figure out that I am a total neat freak and workaholic, but do not let that underestimate how much fun I can be.

Boba: The Book About Bubble Tea is intended to create interest for the Asian tea drink, which I have a strong relationship with—I have to have at least one every week. Not only is it a refreshing drink, it is the perfect excuse to meet with my friends while we drink the tea and chew the tapioca goodness. Not many people know what bubble tea is and I hope this book will intrigue them enough to try it.

