



Tips & Techniques

Kettles

When it comes to tea, temperature is everything.

Food is about time and temperature. Different teas behave very differently depending on what temperature they're brewed at.



Green tea
80°C



White tea
85°C



Oolong tea
90°C



Black tea
Herbal tea
100°C

It's so easy to ruin a quality tea if you brew it too hot, so be pedantic about water temperature.

Apart from the herbal varieties, there are four main types of tea, all from the same plant, just picked and processed in different ways.

Green tea is picked, rolled and dried before the leaves go brown giving it a distinctive aroma and taste. **White tea** comes from the buds of the plant that are then steamed and left to dry naturally which makes it taste sweeter.

Oolong tea is allowed to semi ferment and then processed immediately giving it a delicate, fruity taste. **Black tea** is made by fermenting the harvested leaves for a few hours before heating or drying them, giving it the strongest flavour and colour.

TIP

When it comes to brewing, the less oxidised teas like green and white teas release their tannins at a lower temperature. If you brew too hot, the bitter flavours overpower the tea. Conversely, if you brew too cold you don't release enough flavour from the leaf. The right balance is all about the right temperature.

Make sure you select the brew temperature to match your tea and enjoy the difference.

Dunk your biscuit – all the sweeter!

Biscuits have been scientifically proven to taste sweeter and stronger when dunked in tea.



It turns out that this old English tradition is backed by science.

Biscuits have been scientifically proven to taste sweeter and stronger when dunked in tea through the process of adding moisture to the tongue, as well as into the air around it. By contrast, when you're in an air conditioned room, the lack of moisture makes it both harder for your nose to detect aromas and harder for the taste buds on your drier tongue to detect flavour. In fact, dry air is one of the reasons why aeroplane food sometimes gets a bad rap. British Airways once trialed nasal douches so passengers could moisten their nasal passages before dining. While perhaps a bit invasive for BA's liking, it really works!

TIP

Dunking your biscuit to make it moist, as well as rehydrating your mouth with a well brewed cuppa, allows your taste buds to detect more flavour and your nose to detect more aroma because your tongue and nasal passages become both warm and moist. The flavour release happens more quickly and is more intense.

So embrace the dunking tradition with confidence and taste the difference.

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