

Ar**TEA**stry

Getting to Know SoGo Tea Bar





Anne Spills *the Tea*

“Would you like an adventure now, or shall we have our tea first?”

-Peter Pan

I've always loved the story of Peter Pan. I remember sitting in the Saenger theater with my Aunt Cherie in the 80's and watching actress Sandy Duncan, cast as Peter, cinched into a zipline harness, fly overhead. I imagined being one of the pajama-clad children, off in Neverland befriending fairies and taking on pirates and a crocodile. Just like the Darling family, I never wanted to grow up. Oh, and I really wanted to fly.

Early in our planning process, I chose Peter Pan's quote for the wall of SoGo Tea Bar and had local artist Ellen Ogden paint it on the wall. The mural was up way before I did any of the other grown-up things that are required when building out a space – things like hire a contractor or choose equipment. That mural is the equivalent of me in Neverland, consumed in a never-grow-up moment before the adult responsibilities of construction demolition, debris and delays.

What seemed like a cart-before-the-horse decision actually proved to be our guiding light during the process. Tinkerbell sprinkling pixie dust to light the way, if you will. As we worked toward opening, we were constantly reminded of where we were headed – our brand was clearly painted, big and bold, right there on the wall.

Peter Pan asks a good question, and our answer is always the same: Tea First, Then Adventure. Stop by, grab a tea. Sit for a spell or take it to go. Then get out there. Explore all the great places in spaces in our beautiful community. Spread some pixie dust. And if you can, fly!

anne

Frozen Cantaloupe Agua Fresca

Ingredients:

1/4 cup [Namaste Tea](#)
1.5 cups water
1 cantaloupe, peeled, seeded,
cubed and chilled
1/2 cup fresh lime juice
1/2 cup sugar

Directions:

- First make the Namaste Tea ice cubes: Heat the water until simmering. Add in the Namaste Tea and turn off heat. Steep for at least 30 minutes. Strain off leaves and pour the tea into ice cube trays. Freeze until solid.
- Be sure the cantaloupe is well chilled. We refrigerated ours and then popped the cantaloupe cubes into the freezer for about 10 minutes.
- In a blender, add in the cantaloupe, 8 Namaste Tea ice cubes, lime juice and sugar. Blend until smooth. Pour into chilled glasses and enjoy!



Frozen Assets

Freeze steeped tea and herbal infusions for flavor-filled chill. We use Namaste Tea to make ice cubes for this slushy agua fresca. For summertime porch sipping, forget watered down drinks. Freeze any tea as cubes for perfectly chilled cocktails and mocktails.





The Tea Experience

When we set out to design the concept for SoGo Tea Bar, our goal was to fully capture and deliver the authentic American Tea Tradition.

Full stop.

What, exactly, is the American Tea Tradition? Answer: there isn't one. The way we enjoy tea in this country is a mixup of traditions from around the globe – proper English Tea with scones, gong-fu style Chinese Oolongs and hot-sweet chai from an Indian street cart vendor. Wellness factors into our love of tea as we search for the right tea to soothe our bodies. Our tea industry does a bit of borrowing from the to-go coffee world with its clever flavor combinations and fun drink names. Tea gets lots of love in the self-care world with its incessant question: are you hydrating? (Well. Are you?)

The fact that we can't quite decide on a succinct tea tradition definition simply means we have a blank canvas. We have an opportunity to make our tea tradition our own. At SoGo Tea Bar, we glean knowledge from the world's traditions, facts from wellness experts and play with all the ingredients and endless flavor combinations. We take all that information and use it to paint a new portrait of tea.

[Visit SoGo Tea Bar](#) and become part of the tea tradition we are building in Baton Rouge. No fuss and fully flavorful. We'll bend your ear with our nerd-level love of tea, shake up a perfectly sweetened icy cold cup or fill your soul with a soothing brew.



Tokyo Fog

Ingredients:

For the Simple Syrup:

1 cup granulated sugar
1 cup water
1 Tbl [Lavender Flowers](#)

For the Drink:

1 cup Milk (we used almond)
1 tsp [Up & At Em Citrus Lavender Matcha](#)

Directions:

- First, make the Lavender Simple Syrup: In a small pan, combine the sugar and water and heat until the mixture is clear and it has thickened a bit - about 5 minutes. Remove from heat. Add in the lavender and steep for 30 minutes. Strain off the flowers. Extra simple syrup can be stored in the refrigerator for up to 4 weeks.
- Heat the milk in a microwave-safe measuring cup. Using a handheld frother or a whisk, froth the milk until bubbly and thick. In a mug, whisk the matcha with a 3 Tbl hot water until smooth. Add in 1 Tbl lavender simple syrup and stir. Top with the frothed milk.



The Formula

Tea, sweetener and a hint of lavender – that’s the formula for a London Fog. Now, sub out the tea for Japanese Matcha – meet the Tokyo Fog. Try your hand at this beautiful drink. Don’t hold back topping it with a pillowy cloud of foam.

Green Tea Moscow Mule

Ingredients:

Makes 2 Cocktails

2 Tbl [Marrakesh Mint Green Tea](#)

3/4 cup water

Ice

4 oz vodka

2 oz fresh squeezed lime juice

1 bottle cold Ginger Beer

Lime wedges and mint for garnish

Directions:

- A note about the water temp: Heat water to under the boil - 175°F - this temperature water is called "String of Pearls" which means that bubbles are starting to form along the edge of the kettle or pot. This is before a simmer and well before a boil. Boiling water will scorch green tea leaves.
- Steep the tea for 5 minutes. Strain off leaves and chill the tea. You can pop it in the freezer or use an ice bath. However, don't ice the tea, as you will melt the ice and dilute the tea.
- Place ice in 2 copper Mule mugs. Fill a cocktail shaker with ice. Add in the tea, vodka, lime juice. Shake! Pour the contents between the two iced copper mule mugs. Top each with cold ginger beer. Garnish with lime wedges and mint.

Fun Fact

The Moscow Mule is also known as a Vodka Buck – hold up...we kinda like that name! No matter how you call it, the addition of Marrakesh Mint Green Tea makes this icy, spicy ginger beer splashed sip even more hip.





Tea for *Everyone*

Some say tea is a way of life. We phrase it differently: Tea is a way of living. Purists, health advocates, caffeine seekers or caffeine free. Or maybe you're just thirsty. It's all here. We have a cup for the way you're living. Tea is for everyone.



Delicate & Smooth

White tea is one of our favorites. Our Spring Blossom Tea makes for an excellent base in this frozen delight.

White Tea Sorbet

Ingredients:

For the Sorbet Syrup:

Heaping 1/3 cup [Spring Blossom Tea](#)
1 cup sugar
1/2 cup light corn syrup
Pinch Salt
1 cup water

Directions:

- *First, a note about the tea:* The ratio of tea to water is quite high and the steep time is a little longer than we typically recommend for white teas. This is because a stout infusion is needed in order for the flavor to come through. Unlike baked goods or cold desserts, frozen desserts need "big oomphs" from their ingredients in order to deliver flavor.
- Steep the Spring Blossom Tea: Bring 2 cups of water to just under the boil. Add the tea. Steep for 10 minutes. Strain off the leaves. Set the 2 cups of steeped tea aside.
- In a saucepan, combine the sugar, corn syrup, salt, and 1 cup of water. Bring to a boil and cook until the mixture is clear and reduced a bit. Remove from the heat. Add in the 2 cups of steeped Spring Blossom Tea. Chill 4 hours or overnight. Your ice cream maker will have an easier job of freezing the sorbet if the syrup/tea mixture is very, very cold.
- Pour the mixture into a countertop ice cream maker and churn according to the manufacturer's directions - our sorbet was soft-serve consistency and scoopable after 25 minutes. Store in a plastic container in the freezer until ready to serve. Delicious as is or topped with a little ginger ale.





Perpetual Student of *Tea*

Every day. That's how often we turn to our study of tea. Our investigation of the plants that make tea—the *Camellia Sinensis* leaf along with the world of botanicals—continues every day. We read and research. But more than anything, we taste. We test and taste tea. Thousands of sips. Lots and lots of tea.

“Study tea every day of your life and the day you die, you know nothing.”

– Chinese Proverb

Store owner Anne shares her experiences with tea every day with staff, cooking class instructors and customers. Stop by and sip tea with Anne. With every sip, she's reminded that this simple drink is anything but. When you stop by the shop, you'll find more than 100 hand-blended teas that are unique to SoGo Tea.



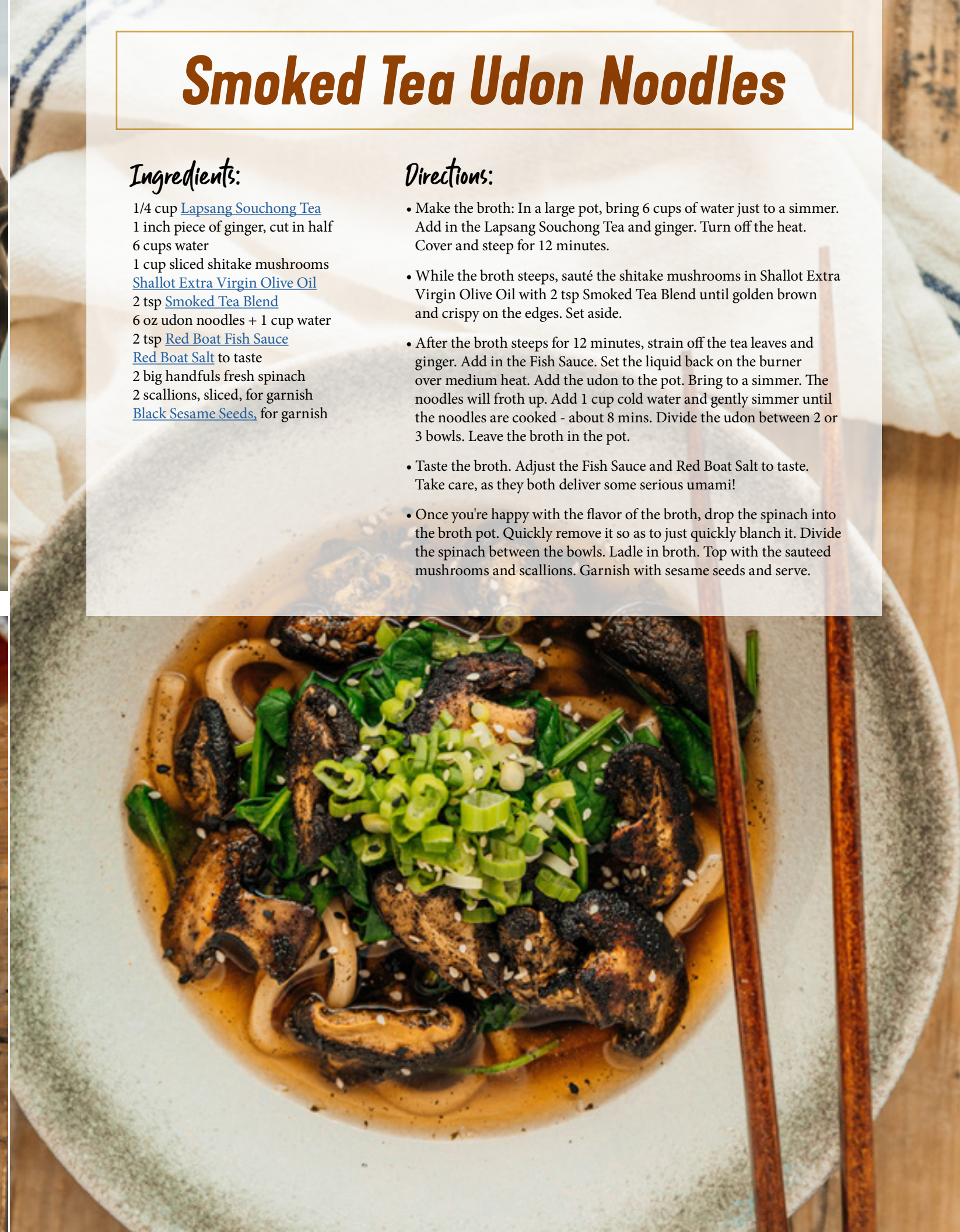
Smoked Tea Udon Noodles

Ingredients:

1/4 cup [Lapsang Souchong Tea](#)
1 inch piece of ginger, cut in half
6 cups water
1 cup sliced shitake mushrooms
[Shallot Extra Virgin Olive Oil](#)
2 tsp [Smoked Tea Blend](#)
6 oz udon noodles + 1 cup water
2 tsp [Red Boat Fish Sauce](#)
[Red Boat Salt](#) to taste
2 big handfuls fresh spinach
2 scallions, sliced, for garnish
[Black Sesame Seeds](#), for garnish

Directions:

- Make the broth: In a large pot, bring 6 cups of water just to a simmer. Add in the Lapsang Souchong Tea and ginger. Turn off the heat. Cover and steep for 12 minutes.
- While the broth steeps, sauté the shitake mushrooms in Shallot Extra Virgin Olive Oil with 2 tsp Smoked Tea Blend until golden brown and crispy on the edges. Set aside.
- After the broth steeps for 12 minutes, strain off the tea leaves and ginger. Add in the Fish Sauce. Set the liquid back on the burner over medium heat. Add the udon to the pot. Bring to a simmer. The noodles will froth up. Add 1 cup cold water and gently simmer until the noodles are cooked - about 8 mins. Divide the udon between 2 or 3 bowls. Leave the broth in the pot.
- Taste the broth. Adjust the Fish Sauce and Red Boat Salt to taste. Take care, as they both deliver some serious umami!
- Once you're happy with the flavor of the broth, drop the spinach into the broth pot. Quickly remove it so as to just quickly blanch it. Divide the spinach between the bowls. Ladle in broth. Top with the sauteed mushrooms and scallions. Garnish with sesame seeds and serve.



Strawberry Shortcakes with Rooibos Infused Berries

Ingredients:

For the Sorbet Syrup:

Heaping 1/3 cup [Spring Blossom Tea](#)
1 cup sugar
1/2 cup light corn syrup
Pinch Salt
1 cup water

For the Strawberries:

2 Tbl [Italian Blood Orange Rooibos Tea](#)
1 cup water
6 cups quartered strawberries
1/2 cup sugar

For the Shortbread (Biscuits):

2 3/4 cups all-purpose flour
1/4 cup granulated sugar
4 tsp baking powder
1/2 tsp baking soda
1 tsp [Vanilla Bean Sea Salt](#)
1 1/2 sticks cold butter, cubed
1 cup cold buttermilk

For the Whipped Cream:

1 cup heavy cream
1 Tbl [Vanilla Bean Powder](#)

Directions:

- First, macerate the berries: Bring 1 cup water to a boil. Add in the Italian Blood Orange Tea and allow to steep for 20 minutes. Strain off the tea from the leaves into a large bowl. Stir in the sugar and allow to cool for 15 minutes. Fold in the berries and allow to macerate (develop juices) for at least 2 hours or up to 6 hours.
- Next, make the shortcakes: Preheat oven to 400°F. Combine the flour, sugar, baking powder, baking soda and salt together in the bowl of a food processor. Pulse to combine. Add cubed butter and pulse until coarse, cottage cheese sized crumbs form. Pour mixture into a large bowl.
- Pour buttermilk on top of the flour mixture. Use a rubber spatula to bring mixture together but don't overwork it. The dough will be shaggy and crumbly with some wet spots and a little dry flour.
- Pour this mixture onto the counter. With floured hands, gently bring the dough together. Use flour as needed to keep the dough from sticking to your hands. Using floured hands or a floured rolling pin, flatten into a 3/4 inch thick rectangle. Fold one side into the center. Fold the other side into the center. As you would fold a letter or tri-fold brochure.
- Turn the folded dough horizontally and flatten again into a 3/4 inch thick rectangle. Repeat the tri-fold technique. Flatten again to 3/4 inch thick in preparation for cutting the individual shortbread.
- Cut into circles with a 3-inch biscuit cutter. Use a straight up and down motion and don't twist the cutter. Re-roll scraps until you have 12 biscuits. Arrange on a parchment-lined baking sheet with sides touching.
- Brush the tops with heavy cream and sprinkle with Lemon Sugar. Bake for 18-22 minutes or until biscuits are golden brown on top. Cool on pan for at least 10 minutes before assembling.
- Make the whipped cream: Whisk the cream and Vanilla Sugar until light and fluffy.
- To serve, split a biscuit and open on a plate. Spoon macerated strawberries onto the bottom half. Dollop with whipped cream. Top with the biscuit top.





The Teabar

Sit and stay or grab it to go. SoGo Tea Bar is ready and waiting. Log onto our wifi, cruise toward your work deadline or plow through that class assignment. No matter your workload, we'll make it easy with an artfully-crafted tea by your side. Our Baristas are ready to steep your tea to perfection, shake that icy drink or dazzle you with latte art. If you have tea questions, we've got answers. (Just don't ask us to help with your homework.)



Why "SoGo?"

SoGo = South of Government Street

It's our homage to our Mid City home. We love Baton Rouge, and we are simply smitten with our little spot amongst the best neighborhoods. Hop on your bike or lace up your sneakers and head out way. The tea is ready and waiting right over here at SoGo Tea Bar. Just south of Government Street.





*"Come, let us have some tea and
continue to talk about happy things."*

-Chaim Potok

#TeaFirstThenAdventure

