

Hot drinks



Moroccan Mint Tea

.....

Makes 1 cup

Fresh mint sprigs

1 teaspoon or tea bag of jasmine
green tea per 8-ounce serving

1½ tablespoons sugar syrup per
8-ounce serving

Moroccans drink sweet mint tea throughout the day. It is a traditional symbol of hospitality, offered in homes, shops and other public places. Moroccan shopkeepers often invite customers to take a break and enjoy a glass of tea while they are shopping. By custom, the tea is poured into a small glass, usually filled halfway so that it is not too hot to hold at the top. The traditional teapot used for brewing mint tea is made of metal and has an extended spout. The tea is poured in a long stream, from a height of at least foot, into a small glass. This impressive ceremony is both festive and functional, since the extended pour also aerates the tea.

1. Wash mint and trim off long stems. Lightly crush mint in your hand and place in a warmed glass or small teapot. Add tea and sugar syrup. Pour in near-boiling water.
2. Steep for 3 to 4 minutes. Stir and strain into another warmed glass, if available. Pour from a height to create bubbly foam on top of glass. If brewing and drinking from the same glass, remove mint and tea before drinking.
3. Give a few quick stirs with a whisk or fork to aerate. Serve with a pitcher of sugar syrup for those who desire even more sweetness.
4. Re-steeping note: Fresh mint releases most of its flavor in the first steeping. If you want to make a second serving, add fresh mint and sugar syrup to the green tea.