Tea

A UDLS by
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Plant

- *Camellia sinensis*
Origin

- Records of tea consumption date to 1000 BCE, probably older
- Grown in several countries, most prominently India and China
- Popularized by Buddhist monks, gentry, and royalty
Economic Value

Pu-erh tea brick
Tea Bags

Invented by American tea merchant Thomas Sullivan
Types

• Tea from *Camellia sinensis*
  - White – unwilted, unoxidized
  - Yellow – unwilted, unoxidized, allowed to yellow
  - Green – wilted, unoxidized
  - Oolong – 10-70% oxidized
  - Black – fully oxidized
  - Post-fermented

• Blends and Flavored Tea

• Herbal Tea
White

- Uncured, unoxidized
- Made from the early buds and leaves of the tea plant
- Brew at 70°C for 1-3 minutes
Green

- Unoxidized
- Widely popular in Japan
- Is an ice cream flavor
- Brew at 80°C for 1-3 minutes
Oolong

- Semi-oxidized
- Roasted to improve taste
- Unlike other teas, improves with reuse (3-4\textsuperscript{th} use tastes best)
- Brew at 85°C for 3-4 minutes
Black

- Fully oxidized
- Made popular in the Western world by the British
- Black tea from the Darjeeling region of India is highly regarded
- Brew at 99°C for 2-3 minutes
Post-fermented

- Has undergone open-air aging
- Well crafted, aged tea can sell for several thousand dollars
- Pu-erh tea is the most famous of these
- Brew at 95°C for a short or long while
*fermentation here means oxidization
Qualities

- **Leaf size**
  - Assam type (large)
  - China type (small)
  - In between

- **Taste**
  - Light or heavy
  - Grassy or malty

- **Aroma**

- **Age**
Blends and Flavors

- **Blending**
  - Black: tea from different estates or countries
    - Breakfast teas are robust and go well with milk
    - Afternoon teas are lighter
  - Black/Green: different types of teas

- **Flavors**
  - Flowers, herbs, spices, bergamont (Earl Grey), smoke (Lapsang Souchong), roasted grain (Genmaicha), rum (Jagertee)
Herbal Tea

- Practically defined as made from anything other than real tea
- Some popular ones include
  - Chamomile
  - Mint
  - Rooibos
Preparation

- Boil water
- Add tea and water
- Wait

There's actually an ISO standard for brewing tea, but it doesn't produce the best taste
Milk
Additives
Tea Beverages

- Iced Tea
- Bubble Tea
- Masala Chai
The End

- Questions?
- Tea will be served shortly

Join us for tea!

**Departmental Tuesday Tea**

every Tuesday at 4pm in the 8th floor lounge
Picture Credits

- Plant: http://commons.wikimedia.org/wiki/File:%C3%87ay-1.jpg
- Origin: Google Maps, 29°N, 98°E
- Economic Value: http://commons.wikimedia.org/wiki/File:ZhuanCha.jpg
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