



# STEEPED

RECIPES INFUSED WITH TEA

annelies zijderveld

"Steeped is smart, inventive, and most of all, inspiring.  
This beautiful book deserves a spot next to your teacup."

— MOLLY WIZENBERG, author of *A Homemade Life* and *Delancey*

"Cooking with tea is like discovering another whole shelf of spices.  
Thankfully we now have Annelies to show us how."

— JAMES NORWOOD PRATT, author of *The Tea Lover's Treasury*

From morning eats to evening sweets, *Steeped* infuses your day with the flavors and fragrances of tea. Romance your oat porridge with rooibos, jazz up your Brussels sprouts with jasmine, charge your horchata with masala chai. This beautiful book will inspire you to pull out your favorite teas, fire up the stove, and get steeping!

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## METHODS for COOKING with TEA

While professional chefs have been employing tea as an ingredient for some time, my intent in *Steeped* is to give practical ways to add tea to your everyday cooking in the home kitchen.

### *Ground Tea*

Grinding leaves into powder in a spice grinder or mortar and pestle exploits the true flavor of tea, especially in dishes such as Berta's Egg Salad Sandwiches (page 45) or Butternut Squash Hash (page 28).

### *Tea Spice Blends*

Think of tea as a spice, and keep your spice grinder handy. Make your own Arnold Palmer Powder (page 6) or Tea Furikake (page 54).

### *Brewed Tea*

Using brewed tea instead of water or other liquids in a recipe gives unexpected pizzazz, as in the Smoky Tomato Soup with Parmesan Thyme Crisps (page 65).

### *Hot Tea Infusions*

Hot infusions are a reliable quick way to incorporate tea into dairy, as in Chocolate Earl Grey Custard (page 105).

### *Cold Tea Infusions*

Cold infusions are ideal for probiotic-rich ingredients whose live cultures would be killed by heat, as in the Tea Crackers with Herbed Labneh (page 55).

### *Poaching in Tea*

Portobello Steak Frites (page 74) and Earl Grey Poached Pears (page 90) gain a lot of flavor in a short time by cooking in brewed tea.

## TEA BREWING MECHANICS

### *How to Select Tea*

Just because a tea is expensive does not make it the best. Determine how you want to use the tea to decide what kind to purchase. While you can stock your tea shelves with only whole leaf teas, you can also buy their broken leaf counterparts called fannings or tea dust. I have learned to appreciate these also, as they brew quickly and make a more astringent cup of tea. They're especially satisfactory for iced tea (think Lipton tea bags—my dad's go-to).

Whole leaf teas harness a better brew; this is true. Full, lustrous intact tea leaves provide the best experience and are also purported to hold greater health benefits. Green tea is in the superfoods pantheon, celebrated for its high antioxidant content of polyphenols and L-theanine, an amino acid.

### *Organic Offerings*

Because we are cooking with tea, the lion's share of teas used in *Steeped* are organic. Organic options have steadily increased, making them easier to find in stores or online.

### *How to Store Tea*

The enemies of tea are light, air, and moisture. While glass containers let you see the beautiful leaves, they are not practical for keeping tea long-term. If you do use glass containers, keep them in a dark place. In a cool, dark cabinet away from the stove, tea can last a year or more.

### *Brewing Tea for Cooking*

All the hot tea instructions that follow are for a single serving to be used in cooking, steeped in whatever vessel is convenient: a teapot, cup, or bowl. Put the leaves in your vessel. Use an infuser, or strain after the tea is done steeping. Pour the water over in a swirling motion. After steeping, strain immediately through a strainer or a fine-mesh sieve into another bowl. The amount of liquid trapped in the leaves can be significant enough to change the results of your recipe, so press on the leaves or bag to extract all the steeped liquid; discard the leaves or bag.

## BLACK TEA

**Tea:** 1 teaspoon or 2½ grams of loose leaves  
**Water:** 12 ounces of near-boiling or boiling (208°F to 212°F)  
**Steep time:** 4 minutes

## GREEN TEA

**Tea:** 1 tablespoon of loose leaves  
**Water:** 12 ounces of 170°F to 180°F  
**Steep time:** 2 to 3 minutes

## OOLONG TEA

Brewing oolong tea is quite unique: The first steeping is considered an awakening of the leaves. The tea is not usually drunk until the third or fourth steeping. For cooking, use the following method:

**Tea:** 1 teaspoon of loose leaves  
**Water:** 12 ounces of 190°F  
**Steep time:** 4 minutes

## HERBAL TISANE

Since tisanes contain no tannin, they can be brewed hotter and longer. The infusions will become stronger, not bitter.  
**Tea:** 1 tablespoon of loose leaves or blossoms  
**Water:** 12 ounces of 212°F  
**Steep time:** 5 minutes (the typical brew time for drinking) or longer, if you want more flavor, especially for cooking purposes

## ICED TEA

To make iced tea, you will first make a concentrate that is diluted with water and ice.  
**Tea:** 3 tablespoons of English breakfast loose tea leaves  
**Water:** 16 ounces boiling  
**Steep time:** 4 minutes  
Strain the tea through a fine-mesh sieve into a pitcher. Press on the leaves to extract all the steeped liquid; discard the leaves. Pour 16 ounces cold water into the pitcher, stir in 8 ounces (1 cup) of ice cubes, and refrigerate. Serve unsweetened or sweeten to taste.

## TEA MILK

Bring 24 ounces of milk to almost boiling at 190°F over medium heat, stirring so it does not burn. Turn off the heat. Sprinkle 3 teaspoons of loose tea into a large bowl. Pour the hot milk over the leaves in a swirling motion. Steep for 5 minutes. Strain using a fine-mesh sieve. Press on the leaves to extract all the steeped liquid. Use hot or cool and refrigerate. Sweeten to taste.

## SPA TEA

Move over cold-brewed coffee. Cold-brewed tea—also known as spa tea—is a refreshing, milder brew. Pour 24 ounces of water into a pitcher. Stir in 3 tablespoons of loose or 6 bags tea. Add fresh herbs and sliced fruit—I like strawberries and lemon. Refrigerate to infuse overnight. To serve, remove the tea bags or strain through a sieve if using loose tea. Remember to press on the bags or leaves to extract all steeped liquid.

## *Loose Tea vs. Bagged Tea*

Tea bags were a nifty invention allowing easier brewing without the gadgetry required for loose tea. Still, loose tea is preferable, and a teapot with a built-in infuser makes loose tea almost as convenient. Practically speaking, loose tea is cheaper: Consider that a 4-ounce container of English breakfast tea yields fifty-five total 1 teaspoon servings versus a box of fifteen or twenty tea bags, which yields only that number of servings. If you do use tea bags, look for certified organic tea companies to ensure paper bags that have not been sprayed and are non-GMO compliant.

The recipes that follow give loose or bagged tea options with each recipe, except when it's more practical to go with one or the other. I have kept cost constraints and consumption size in mind. Many tea bags are filled with a ½ tablespoon of tea, but this can vary by manufacturer and tea type. So if you are substituting tea bags for loose tea in a recipe, simply measure out the tea from the tea bag.

“Your tea is to your mind, I hope”—

“Exceeding good”—

“Pray one more cup.”

“Your toast is very nice; I’ve eat Till I’m ašam’d.”

—FRANCIS FAWKES



**A STEEPED STOCKED  
KITCHEN: Regular Rotation**  
*Ingredients*

**Olive Oil**

Olive oil is my go-to when heating food at low temperatures or imparting its flavors (Peppery! Fruity! Floral!) into the dish in question.

**Safflower Oil or Grapeseed Oil**

For heating foods at high temperatures, I reach for one of these two oils, which have higher smoke points and neutral flavors.

**Kosher Salt**

These recipes are made with kosher salt, which I prefer for its versatility and mildness. If you use sea salt, adjust the recipes to taste.

**Spelt Flour**

If you have ever considered whole grain flours, start with spelt. This ancient grain imparts nuttiness and a toothsome quality without being overly sturdy or heavy. It can even often be swapped in for all-purpose flour. You will find that most of the baked recipes in this book include spelt flour. If you choose to bypass the spelt, simply use all-purpose flour, but it is my promise that if you buy one bag of spelt flour, I will show you how to bake through it.

**Eggs**

For all the recipes that call for eggs, I use large organic, free-range eggs.

**Whole Milk Dairy**

Did you know that whole milk dairy is less processed than low-fat versions? It is another reason, along with richer, more full-bodied flavor, that I reach for whole milk or plain whole milk yogurt. If you skimp somewhere, don't let it be dairy.

**COOKING THROUGH *the* BOOK**

Of course I hope you read the book with a cup of tea in hand. If you have a favorite tea or your tea pantry is already jammed full, you may want to visit the Recipes by Tea & Tisane index on page 114 and cook through your collection. However you begin, loop me in on Twitter or Instagram at @anneliesz with the tag #SteepedBook or search for me on Pinterest as anneliesz—I'd love to follow your tea-cooking adventures!

drinking tea alone—  
every day the butterfly  
stops by

—KOBAYASHI ISSA

## MORNING TEA

### BAKED

Blueberry Scones with Rooibos Honey Butter

Green Tea Granola

Arnold Palmer Poppy Seed Muffins

Sally's Masala Chai Pumpkin Bread

### COMFORT

Masala Chai Applesauce

Cranberry-Coconut Rooibos Oat Porridge

### COLD

Earl Grey Yogurt Parfaits

Matcha Chia Pudding Parfaits

Blueberry Black Tea Smoothie

Ginger-Mango Green Tea Smoothie

Chamomile Lassi

### PRESERVES

Sweet Tea Jelly

Strawberry Chamomile Jam

Buddha's Hand Rooibos Marmalade



## MATCHA CHIA PUDDING PARFAITS

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Chia seeds in liquid take on a gelatinous texture perfect for puddings, as in this parfait. Serve the parfaits in tall glasses to show off the layers.

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### MATCHA GREEN TEA CHIA PUDDING

- 1 teaspoon matcha green tea powder
- 1 cup whole milk
- 1 cup plain whole milk yogurt
- 6 teaspoons maple syrup
- 3 tablespoons chia seeds

### PARFAITS

- 1 fresh ripe peach, puréed or mashed
- $\frac{3}{4}$  cup fresh raspberries, puréed or mashed

### MAKES 4 SERVINGS

**TO MAKE THE PUDDING:** Place the matcha in a medium glass bowl. Heat the milk in a small saucepan over low heat to 175°F. Slowly pour in  $\frac{1}{4}$  cup of the milk, whisking vigorously for 1 minute. When the matcha is completely dissolved, whisk in the remaining milk. Let cool 10 to 15 minutes. Whisk the yogurt into the matcha milk. Stir in the maple syrup and chia seeds. Chia seeds tend to clump so make sure they are all separately immersed. Cover and refrigerate 5 hours or overnight, until custardy.

**TO ASSEMBLE:** Layer in order 1 tablespoon peach,  $\frac{1}{2}$  cup chia pudding, 1 tablespoon raspberries.





## SUMMER SQUASH GRUYÈRE QUICHE

The rustic quality of spelt really shines in this flaky crust, which is flavored with mint, as is the cheesy vegetable filling. I recommend Choice Organic Teas' Moroccan Mint.

### SPELT PIE CRUST

- ¾ cup (102 grams) spelt flour
- ½ cup (70 grams) all-purpose flour
- ½ teaspoon kosher salt
- 8 tablespoons unsalted butter, cold and cubed
- 5 to 6 tablespoons Moroccan mint green tea, brewed and cooled

### QUICHE

- 1 tablespoon olive oil
- 1 small zucchini, cubed
- 1 medium yellow summer squash, cubed
- 1 shallot, sliced
- ¾ cup heavy cream
- 3 eggs
- ¼ teaspoon fennel seeds
- ½ teaspoon from 1 bag (cut open) or from loose Moroccan mint green tea, finely ground
- ¼ teaspoon kosher salt
- 3½ ounces Gruyère cheese or Jarlsberg cheese, cubed (½ cup)

### MAKES 6 TO 8 SERVINGS

**TO MAKE THE CRUST:** Mix the flours and salt in a large bowl. Using your fingers, rub the butter cubes into the flour until combined and pea-sized. Mix the cold tea into the flour with your hands until the dough coheres. Form the dough into a ball and wrap in plastic wrap; refrigerate for 30 minutes or until firm as a baseball. Lightly flour a work surface, your hands, and a rolling pin. Roll away from the middle of the dough and rotate the dough. Roll and rotate until the dough is ⅛ inch thick. Fit the dough into a 10-inch tart or pie pan. Trim the excess above the pan sides but keep the crust walls tall. Refrigerate 30 minutes.

**PREHEAT THE OVEN TO 425°F.** Fit a sheet of aluminum foil into the crust and pour in pie weights, uncooked rice, or dried beans. Bake 20 minutes. Remove the weights and foil and bake the crust 3 to 5 minutes longer. Lower the oven to 400°F.

Meanwhile, place a 12-inch fry pan over medium-low heat for 1 minute. Swirl the oil into the pan. Sauté the zucchini, squash, and shallot for 5 minutes. Turn off the heat and cool. Whisk the cream and eggs in a bowl. Stir in the fennel, tea, salt, Gruyère, and squash. Pour into the cooled crust.

Bake for 20 to 25 minutes or until a toothpick comes out clean. Cool 10 to 15 minutes before slicing.

# GREEN TEA GUACAMOLE *with* GRAPEFRUIT TEA TOAST

In this scintillating version of avocado toast, guacamole is elevated by matcha green tea and garnished with grapefruit. These toasts and Watermelon Tea Frescas (page 59) make a fiesta.

## GREEN TEA GUACAMOLE

- 1 teaspoon olive oil
- 6 tablespoons diced white onion
- $\frac{1}{8}$  teaspoon balsamic vinegar
- 2 avocados, pitted and chopped
- 3 kumquats, seeded and minced
- 2 small or 1 large clove garlic, minced
- 1 teaspoon matcha green tea powder
- $\frac{1}{2}$  teaspoon Sriracha
- 1 teaspoon kosher salt
- $\frac{3}{4}$  teaspoon freshly squeezed lime juice ( $\frac{1}{4}$  lime)

## TEA TOAST

- 10 to 12 slices sourdough bread, toasted
- 1 large or 2 medium grapefruit, peeled and cut into segments (10 to 12 supremes)
- 1 breakfast radish, thinly sliced (10 to 12 rounds)

## MAKES 10 TO 12 TOASTS

**TO MAKE THE GUACAMOLE:** Place a 2-quart fry pan over medium-low heat for 1 minute. Swirl in the oil to coat. Stir in the onion. Turn the heat down to low. Sauté the onions for 15 minutes, stirring occasionally. Drizzle in the vinegar and turn off the heat. Cool for 5 minutes. Smash the avocado in a medium bowl until desired consistency. Stir in the onion, kumquats, garlic, matcha, Sriracha, salt, and lime juice.

**TO ASSEMBLE:** Heartily smear each toast with guacamole. Top with a grapefruit segment and round of radish.

Clockwise from the top:  
French Lentil, Carrot Curl, and Moroccan Mint Sauce Tea Toast, (page 51)

White Bean Walnut Spread with Roasted Tomato Tea Toast, (page 52)

Lapsang Honey-Drizzled Fig, Arugula, and Parmesan Tea Toast, (page 50)

Green Tea Guacamole with Grapefruit Tea Toast



# CHAMOMILE CORN CHOWDER

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The floral honeyed tones of chamomile beautifully complement the sweetness of corn. This chowder owes its body to being half puréed, rather than to cream or butter, making it naturally vegan. I use frozen corn here, but if you're lucky enough to find fresh organic corn, by all means use it.

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1 tablespoon safflower, grapeseed, or other neutral oil

1 medium white onion, chopped (1½ cups)

¼ medium green bell pepper, chopped (¼ cup)

4 small potatoes, chopped (1½ cups)

½ medium sweet potato, chopped (1 cup)

2 teaspoons kosher salt

Freshly ground black pepper

3½ cups chamomile tisane, brewed (4 bags or 2 tablespoons loose)

1 pound frozen organic corn kernels or the kernels from 2 ears of organic corn

2 tablespoons chopped fresh curly parsley

## MAKES 2 TO 4 SERVINGS

Place an 8-quart stockpot over medium-low heat for 1 minute. Swirl the oil in the pot to coat. Sauté the onion and bell pepper for 5 minutes. Add the potatoes, sweet potato, salt, pepper, and chamomile. Raise the heat to medium-high. Once boiling, about 5 minutes, cover and lower the heat to simmer. Cook until the potatoes are fork-tender, about 5 minutes. Raise the heat to high. Stir in the corn and cook for 3 to 4 minutes.

Ladle half of the soup and solids into a blender, avoiding the sweet potato. Remove the cap from the blender lid and hold a towel over the opening. Purée until smooth. Return the puréed soup to the pot and stir to integrate. Grind in black pepper to taste. Garnish with the parsley.



# BLACK BEAN BURGERS *with* GREEN TEA BASIL AÏOLI

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Toasted pecans are the key to these black bean beauties, along with the matcha in the piquant aïoli.

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## BLACK BEAN BURGERS

- 1 tablespoon olive oil
- 1 small carrot, shredded (½ cup)
- ½ medium green bell pepper, seeded and finely chopped (½ cup)
- 1 medium red onion, finely chopped (1 cup)
- 1 large clove garlic, minced
- 1 teaspoon kosher salt
- 2 (15-ounce) cans black beans
- ½ cup toasted pecans
- 2 eggs
- ½ cup dry breadcrumbs
- ½ teaspoon red pepper flakes

## GREEN TEA BASIL AÏOLI

- 4 cloves garlic
- 10 large fresh basil leaves
- 3 teaspoons matcha green tea powder
- 4 egg yolks
- 4 teaspoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- ½ cup olive oil

## MAKES 6 TO 8 BURGERS

**TO MAKE THE BURGERS:** Preheat the oven to 350°F. Line an 18-inch sheet pan with parchment paper. Place a 2-quart fry pan over medium-low heat for 1 minute. Swirl in the oil to coat. Sauté the carrot, bell pepper, onion, garlic, and salt for about 8 minutes, or until the onion is translucent. Turn off the heat. Drain both cans of beans. Pour one can into a large bowl. Pour the other into a food processor with the pecans, bell pepper, onion, and garlic and pulse to a coarse paste. Add to the whole beans. Mix in the eggs, breadcrumbs, and red pepper flakes. Mound ½-cup patties onto the baking sheet, pressing lightly to flatten. Leave a ½ inch between patties. Bake 45 minutes until dry and a bit crisp.

**TO MAKE THE AÏOLI:** Purée the garlic, basil, matcha, yolks, lemon juice, mustard, and salt and pepper to taste with a blender or food processor. Add the oil in a slow stream until smooth.

Serve as you like: I put them on whole wheat buns smeared with aïoli and dressed with lettuce and tomato.



## SPELT SHORTCAKES *with* CANTALOUPE *and* JASMINE WHIPPED CREAM

Shelve the strawberry shortcake, and make way for this one topped with sweet juicy cantaloupe. Jasmine Tea Extract (page 112) imparts a subtle floral note to the whipped cream, which is also wonderful on berries or flourless chocolate cake. Omit the sugar in the shortcakes to serve them with Chamomile Corn Chowder (page 66).

### SPELT SHORTCAKES

- 1 cup (140 grams) all-purpose flour
- 1 cup (136 grams) spelt flour
- ½ teaspoon kosher salt
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 8 tablespoons unsalted butter,  
cubed and chilled in the freezer  
for 10 minutes
- 1 cup heavy cream

### JASMINE WHIPPED CREAM

- 1 cup heavy cream
- 2 teaspoons Jasmine Tea Extract  
(page 112)
- 1 tablespoon sugar
- 1 cup cantaloupe, diced

### MAKES 5 TO 6 SERVINGS

**TO MAKE THE SHORTCAKES:** Preheat the oven to 400°F. Whisk the flours, salt, sugar, and baking powder in a mixing bowl. Cut the butter into the flour with a pastry cutter or two knives until pea-sized. Pour in the cream and stir until shaggy. Do not overmix. Gather the dough into a ball.

Flour a work surface, your hands, and a rolling pin and move the dough to the surface. Lightly roll the dough from the middle away from you. Rotate and roll until the dough is 1 inch thick.

Flour a biscuit cutter or cookie cutter and stamp out rounds close together, pressing down all the way. Gather and roll the scraps to cut out the remaining shortcakes. Place 2 inches apart on a 13 by 9-inch sheet pan. Bake 22 minutes, or until lightly browned or a toothpick comes out clean.

**TO MAKE THE WHIPPED CREAM:** Refrigerate a bowl and beaters until cold. Whip the cream until soft peaks form. Add the extract and sugar, beating until stiff peaks form.

Top the split shortcakes with cantaloupe and whipped cream.



Photo by Yesica Arrendando



**Annelies Zijdeveld** is a food writer and creator of the literary food blog The Food Poet, selected by *Alimentum* as one of its favorite food blogs. Her passion for working with good food companies started during her eight years heading up marketing at Mighty Leaf Tea. She is the digital media section newsletter editor for the International Association of Culinary Professionals. She holds an MFA in poetry from New England College and is an associate editor of *Poetry International*. Her work has been published in *Curator*, *Art House America*, *Darling* magazine, and *Sated*. She lives in San Francisco with her husband and their pet sourdough starter, Salvatore.

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