

Tea tradition in Britain.



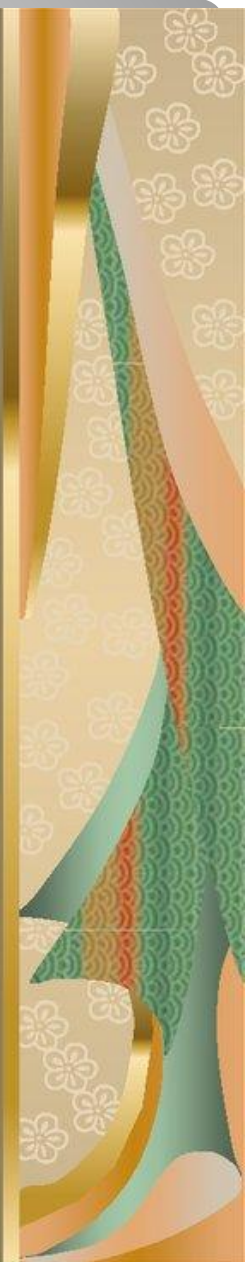
From the history of English tea

British traditions have always been protected and British customs have been respected for centuries. One of these traditions is the tea time. This tradition has existed for over 350 years.



From the history of English tea

The first who opened the sale of tea in England was Thomas Garvey. He bought from the Dutch merchants 140 pounds of tea, and informed everybody about the sale. Since that day tea in the British Isles has always been popular. It was green tea.



From the history of English tea

For a long time there were high tariffs for tea, that's why only upper-class people could buy it. After the decreasing of the tariffs, the demand for tea has risen suddenly.



История появления

The necessity to add milk in tea is connected with the opinion that hot tea spoiled thin walls of cups. The classical variant of tea contains two thirds of strong tea and one third of milk.



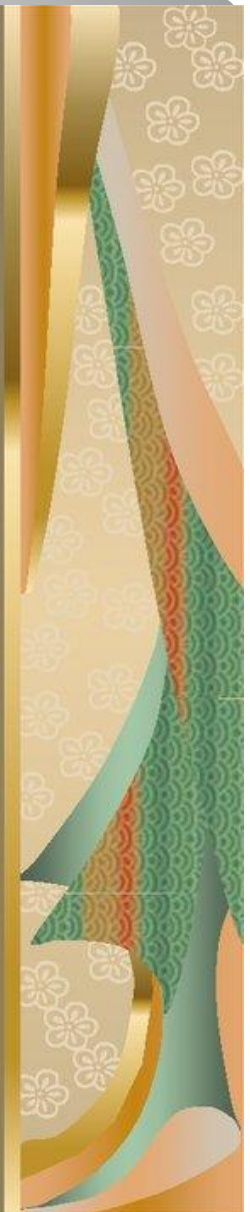
Tea tradition

As a rule, an average British drinks three or seven cups of tea a day. Sugar, in their opinion, spoils the true taste of the drink. Tea drinking usually begins early in the morning. At 6 o'clock in the morning England drinks its Morning Tea. At 8 in the morning there is breakfast which is completed with a cup of tea of the same name. Next is lunch during which «A nice cup Of Tea» is necessary consumed .



Tea tradition

The custom of drinking tea at traditional five o'clock was introduced by Anna Maria, for each time there is a special variety of tea. People relate to five o'clock tea as one of the main meals.



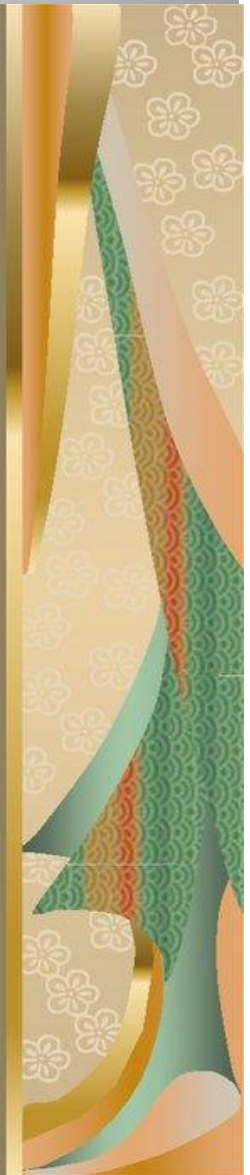
Tea tradition

It's a host of the house who pours the drink. For tea they use the utensils from one set. The British prefer silver tea sets.



Tea tradition

In England tea is prepared in the following way: they prepare and serve tea in a pre-heated teapot, pouring a required quantity of tea from 1 teaspoon of tea per one cup of water and one teaspoon for a teapot. Tea is poured with boiling water and allowed to steep for 5 minutes.



Tea tradition

Traditional tea time in England includes several conditions. The table for tea is served in the living room. To make it convenient for the guests they chose a big room. Before serving tea, they put a tea set on the table.



Tea tradition

At this time, pour 2-3 teaspoons of warm milk in pre-heated cups and then add some tea into the cup with milk . Tea drinking occurs in the morning at breakfast, during the day at lunch and at five o'clock in the evening. The last is the most favourite tea time of the British. They usually invite guests or friends for the five o'clock tea .



Tea time

Tea time in Britain now is a home tradition because the British prefer to gather for a cup of tea at home. Snacks are served on the table at once, before serving the tea, but definitely in presence of guests. The most famous snack in the world is sandwiches. Traditionally tea is served with toasts, muffins, jam, butter and bread.



Tea time

Tea, usually black, is served with milk and sometimes with sugar. Lemon, cut into pieces, served on a separate plate and isn't sprinkled with sugar .



Tea time

When participants of ceremony decide with the choice of tea we can start brewing it. Drinking tea they raise not only their cups but also their plates. The British claim that milk tea is energizing and empowering.



DIRECTIONS

- Only use freshly drawn cold water, ensure that kettles or water boilers are de-scaled regularly and that teapots are spotlessly clean.
- Teapots should be warmed with hot water, which is then poured away.
- Use the recommended number of tea bags or one teaspoon of loose tea per cup, AND one teaspoon for the pot. (For one person use a 10oz tea pot, for two persons a 20oz tea pot is recommended.).
- Water should always be freshly boiled and boiling when added to tea.
- Leave to brew for 3-5 minutes before serving. Stir before serving.
- Pour a little milk into each cup before pouring the tea through a strainer if necessary, and sweeten with sugar as required.
- You can omit the milk and serve the tea with lemon slices if you wish.



Recipes.

FIRMING TEA

How to make:

Put aside one cup of milk, boil the rest of milk and brew the tea in it. Let it brew for 4-5 minutes, then drain. While tea is brewing, beat egg yolks with honey to form foam, gradually adding the cold milk. Continuing to whisk the cream, pour small portions of hot tea. Serve the drink hot.

Ingredients:

750 ml of milk, 6 teaspoons of tea, 3 yolks, 1 tablespoon of honey.



ORANGE TEA

How to make:

Put washed peels of lemon and orange into a saucepan, add orange syrup, dry tea, pour 1 litre of boiling water, let brew for 5 minutes, drain and serve.

Ingredients:

Peel of 1 lemon and 1 orange, 50 g of orange syrup, 25 g of dry tea.



BEVERAGE «TEA BALM»

How to make:

Carefully chop and mix dry leaves, herbs, fruits, add dry tea and mix again. Store in glass or porcelain bowl with tightly closed lid. Brew «Tea balm» as follows: scald a small enamelled saucepan or cup with boiled water, pour the prepared dry mixture at the rate of 1 full teaspoon in two glasses of boiling water. Pour the boiling water to the dry mixture, stir, cover the bowl with a lid tightly, put a towel on top and let brew for 5 - 7 minutes. Serve the beverage hot and fresh.

Ingredients:

1 teaspoon of peppermint, chamomile, lemon balm, Hypericum perforatum, leaves of blackberry and raspberry, linden blossom, birch leaves, rosehips, blueberries, red fruits of mountain, 3 glasses of tea







