

TEA TIME

BY ABBY DIBENEDETTO | PHOTOGRAPHY BY CAYLA ZAHORAN

After a day spent in the summer sun, there's nothing more satisfying than a tall glass of freshly brewed iced tea. Been a while since you last brewed a batch? No worries, we've got all of the necessary tips to take tea time to the next level! ☑

Details in *Edible Allegheny Directory*, page 58.

HOW DO YOU BREW?

HOT BREWED

For 1 gallon of iced tea: Boil approximately 16 cups of water. To start, add 1 teaspoon of bagged loose leaf tea per cup (try doubling this amount for stronger tea). Let the tea steep for about 5 minutes or until the desired strength is reached. Remove the tea bags and let cool. Once cooled completely, transfer the tea to a pitcher and refrigerate. Lastly, pour over a tall glass of ice and enjoy!

COLD BREWED

For 1 gallon of iced tea: Mix 16 cups of cold water with 16 teaspoons of bagged loose leaf tea in a pitcher. Cover the pitcher and let it sit out on the countertop overnight. Remove tea bags and refrigerate the following morning.



Prestogeorge sells large tea bags, perfect for brewing large batches of their loose leaf iced tea!

Iced Tea Blend
Prestogeorge's Iced Tea Blend is custom made for brewing iced tea.

BREW BOOSTERS

Use these add-ins for extra flavor!



Stevia

Add a very small pinch to your tea bag or infuser. It's a natural sweetener!



Orange Peel

Besides adding stellar citrus flavor to iced tea, orange peel decreases abdominal bloating and is known to have strong anti-inflammatory properties.



Star Anise

Brew star anise in tea to add some pungent, warm flavor. Anise is known to aid in digestion.



Ginger Honey

Add a little Prestogeorge Ginger Honey to sweeten up and add a kick of gingery goodness.

MIXOLOGY

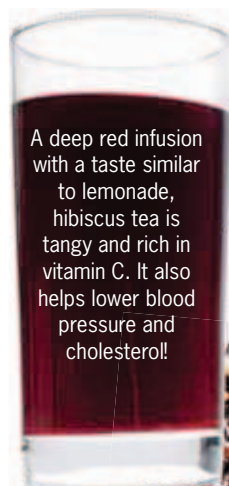
Want to up the ante on summer sipping? Try adding a little spirit. John Wagner of PA Wine and Spirits recommends using honey-flavored whiskey as a mixer. He suggests Barenjager Honey and Bourbon, Bushmills Irish Honey, Jack Daniel's Tennessee Honey, Red Stag Honey Tea, and Wild Turkey Honey American Liqueur.



BEAUTIFUL BLENDS

Branch out with these non-traditional teas!

Hibiscus Herbal Iced Tea



A deep red infusion with a taste similar to lemonade, hibiscus tea is tangy and rich in vitamin C. It also helps lower blood pressure and cholesterol!

Cherry Herbal Iced Tea



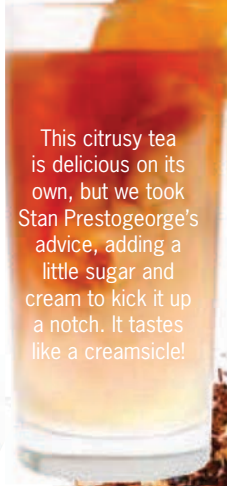
This very cherry herbal tea is sweet, tart, and refreshing, not to mention the gorgeous ruby red color.

Tropical Green Iced Tea



Pan-fired green tea with safflowers, marigolds, blue mallow flowers, and corn flowers blends smoothly with mango and passion fruit flavors.

Blood Orange Iced Tea



This citrusy tea is delicious on its own, but we took Stan Prestogeorge's advice, adding a little sugar and cream to kick it up a notch. It tastes like a creamsicle!

TEA TIPS

With more than 60 year of experience, the people at Prestogeorge Fine Foods know tea. Check out owner Stan Prestogeorge's tips for making the best brew!

- **Get more bang for your buck by choosing loose leaf tea!** "In a 20-bag box of tea, there's usually about an ounce of tea actually in the tea bags and you're paying \$3 to \$5 for that tea. It's much more cost efficient to go with loose leaf tea."
- **Don't add too many extra components — especially not processed sweeteners.** Stick with honey, sugar, or stevia leaf.
- **Sniff out the freshest tea.** "Fresh tea leaves can be picked out because of their smell. Tea can be kept for six months if stored in an airtight container, out of sunlight."
- **Clear up cloudy tea.** "The temperature change, going from hot to cold, can cause clouding. Add some hot water, and it will clear right up."