



Steamy London Fog Kid-Friendly Tea

By Dylan Sabuco

Prep Time 5 / Cook Time 5 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

simmer: to cook a food gently, usually in a liquid, until softened.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Large pot
- Liquid measuring cup
- Measuring spoons
- Whisk

Ingredients

Steamy London Fog Kid-Friendly Tea

- 1 1/2 C hot water
- 1/2 C whole milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 2 tsp honey
- 1/4 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- 2 decaf Earl Grey tea bags

ice, optional

Food Allergen Substitutions

Steamy London Fog Kid-Friendly Tea

Dairy: Substitute dairy-free/nut-free milk.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Steamy London Fog Kid-Friendly Tea

measure + whisk

In a large pot, measure and add **1 1/2 cups hot water**, **1/2 cup whole milk**, and **2 teaspoons honey**. Whisk to combine. Turn the heat to medium. Heat the mixture until steam rises from the pot then remove from the heat.

scrumptious science

Steeping is when you allow tea or other flavorful ingredients to soak in liquid and transfer their flavor to the liquid. Steeping tea can be a quick process when you use boiling water.

measure + pour

Add **1/4 teaspoon vanilla extract** and **2 decaf Earl Grey tea bags**. Allow the mixture to steep (or sit in a warm, safe place) for 10 minutes. Pour the sweet, delicious tea into cups over ice, or drink it warm. Enjoy!

Featured Ingredient: Tea!

Hi, I'm Tea!

"I'm a drink made from plant parts, like leaves and flowers. I like to think I'm sweet enough, but some tea drinkers like to add honey or sugar to me, and some add milk to black tea to cool it down. You can drink tea hot or iced!"

History

The history of tea began in China as far back as 5,000 years ago.

An old Chinese legend says a man was out walking one day when he accidentally tasted the juices from a tea plant leaf. He thought it tasted great and felt the tea had unique medicinal properties.

Another legend suggests it was a mythical emperor called Shennong who discovered tea when a tea blossom fell into a cup of hot water he was drinking.

At that time, tea was drunk fresh with the new leaves being mixed with hot water. In those days, the tea leaves were not allowed to oxidize (to combine with oxygen, causing darker leaves), so the leaves remained green. It was only later that oolong and black or red teas were developed. Black tea is fully oxidized, and oolong is semi-oxidized.

Tea drinking grew in popularity and became a pastime for the rich. Fine teas were only available to those who could afford them, and green teas were even used as currency.

Elaborate tea ceremonies developed involving large sets of tea-making equipment. Tea houses sprung up, and tea connoisseurs prided themselves on the quality of their leaves and their tea-making skills.

In the 1600s, merchants brought tea to Europe and the United States. Since then, tea drinking has blossomed.

Tea is the most-consumed beverage on the planet, other than water. It is even more popular than coffee and cola!

China is the largest producer of tea, followed by India and Kenya.

Anatomy & Etymology

Tea comes from the cured or fresh leaves of the *Camellia sinensis* plant, an evergreen growing mainly in warmer and humid climates.

Although the plants can grow up to 52 feet, they are usually kept no higher than waist level to make picking the tender leaves at the top easier.

Tea should be kept dry and stored in an airtight container, away from light and heat if possible. Black teas last longer than green teas. Teas made from flowers have an even shorter shelf life.

The word "tea" comes from the mid-17th century Malay "teh" or the Chinese (Min) "te."

How to Buy & Use

Tea can be purchased in various forms. Tea bags are often used today; however, you can still buy loose tea. Cans and bottles of brewed tea, sweetened or unsweetened, are also available, with fruit flavors sometimes added to the tea.

Crushed tea leaves and brewed tea can be used in savory and sweet recipes.

Herbal teas are made from the various parts of edible plants, including fresh or dried flowers, fruit, roots, or seeds.

Nutrition

Teas from the *Camellia sinensis* plant (white, green, oolong, and black) have high levels of antioxidants which help prevent cancer. Flavonoids in tea help heart health by lowering blood pressure and cholesterol. Another health benefit of tea is improving gut health by promoting good bacteria and inhibiting harmful bacteria.

Teas from the leaves of the *Camellia sinensis* plant contain varying amounts of caffeine. Black tea has the most, followed by oolong, green, and white.

Most herbal teas do not contain caffeine; however, they are not necessarily more healthy than black tea. Always check for plant allergies and herb and drug interactions before ingesting herbal teas.