



Tea Club



CITY TECH TEA CLUB

PRESENTS



October 8th 12:45PM- 2:00PM

Moderator

Lucy Feng Wu, President

Moderator

Kai Yin Lee, Vice President

Recipe and Video Developer

Jaei Lee, Secretary

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Tie Guan Yin Infused Fruit Fool

SERVES 4-6 | PREP 5 minutes | COOK 20 minutes | READY 20 minutes

INGREDIENTS

4 oz granulated sugar
4 oz water
2 tsp Tie Guan Yin leaf
1pt Heavy cream
Confectioners sugar to taste
4 oz Strawberry puree
½ cup Strawberries or Fresh berries

DIRECTIONS

Preparing the Tie Guan Yin syrup:

- 1.Add the sugar and water to a saucepan and bring the mixture to a boil.
- 2.When the temperature of the syrup reaches 170°F, add in the tea and remove the syrup from the heat.
- 3.Brew the tea in the syrup for approximately 3-5 minutes with the residual heat (tasting the syrup to achieve the desired presence of the tea in the syrup).
- 4.Strain the syrup through a fine mesh strainer.

Prepare the Creme Chantilly:

- 1.Pour the heavy cream into a large mixing bowl.
- 2.Whip the heavy cream on high speed until it reaches the consistency of yogurt.
- 3.Add confectioner's sugar to taste.
- 4.Continue to whip until you reach a soft peak stage, where the cream will begin to hold its shape.

Strawberry puree:

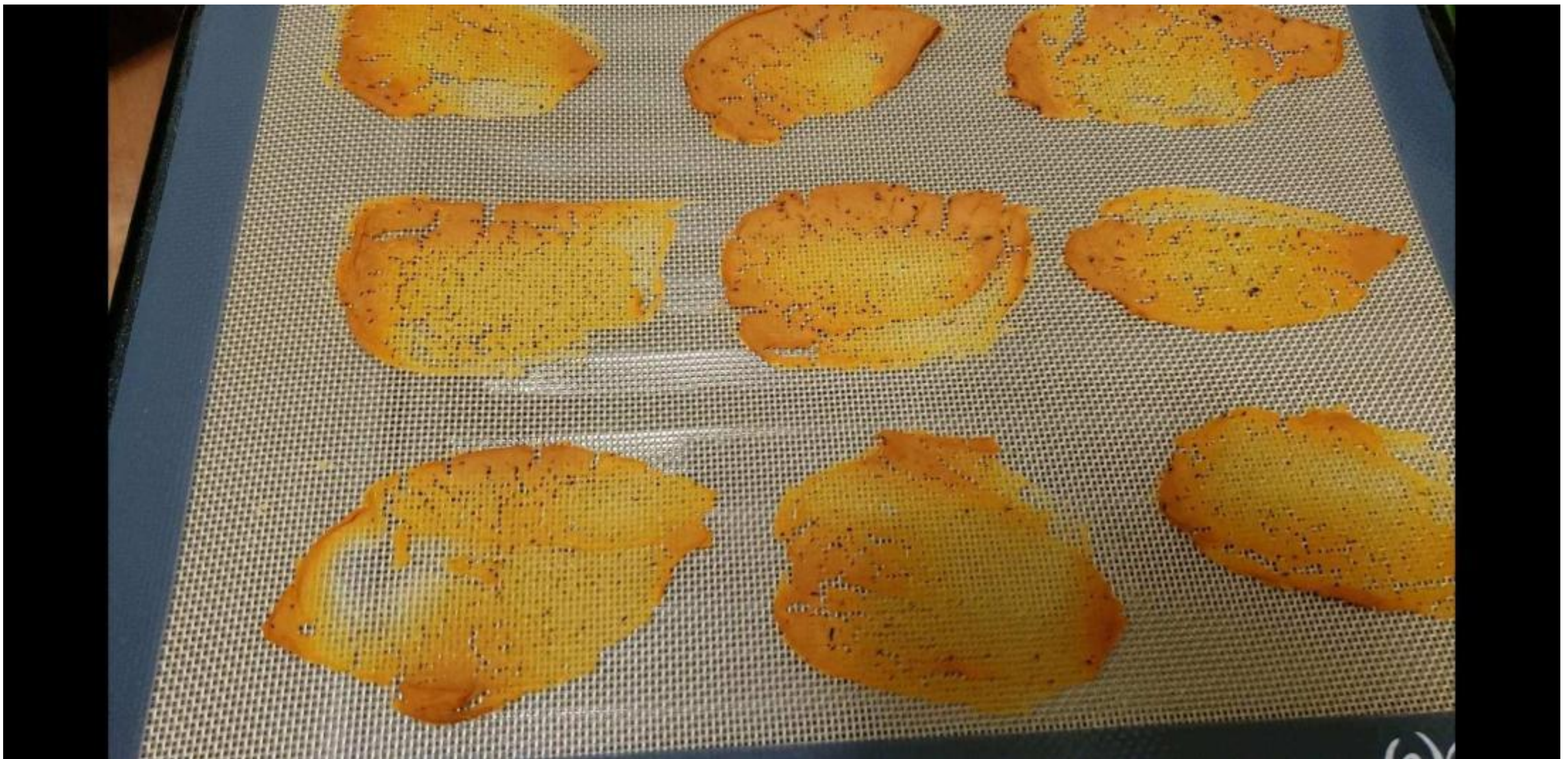
- 1.Slice your strawberries into a small dice.
- 2.Thicken the puree by cooking it on the heat.
- 3.Let the puree cool and mix in the diced berries as well as 3oz. of the tea syrup.

Plating:

- 1.Pipe the creme chantilly evenly into 4-6 clear cups
- 2.Add the puree mixture on top of the cream
- 3.Add a sprig of mint or more berries for garnish
- 4.Served chilled

DIRECTIONS

- Additionally, the fruit fool pairs excellently with diced passionfruit jelly cups found in Asian supermarkets!



Lapsang Souchong Infused Sweet Potato Tuile

SERVES 9 | PREP 5 minutes | COOK 90 minutes | READY 90 minutes

INGREDIENTS

- 1 Medium Sized Sweet potato
- 2g Lapsang Souchong
- 1 Tbsp Butter

DIRECTIONS

1. Peel and dice the sweet potato into medium sized chunks.
2. Boil the sweet potato until just tender.
3. Add in 1 Tbsp of Lapsang Souchong to the potatoes and allow to cook for an additional 3-5 minutes
4. Remove the sweet potato from the water and strain the liquid out, saving some of the liquid for blending.
5. Add in 1 Tbsp of butter and 2 Tbsp of the boiling water.
6. Using a blender or masher blend together the ingredients until you have a smooth and uniform puree.
7. On the baking mat, spread out the puree thinly into approximately 3-inch pieces.
8. Dry the puree until crispy in a pre-heated oven at 175°F (approximately 1 hour).

DIRECTIONS

- Can be eaten as is or used as a garnish for a dessert such as ice cream or the Tie Guan Yin Fruit Fool!



Figure 1. Brewed hojicha (Brewed with a tetsubin) alongside unbrewed hojicha tea leaves, by K. Nishida, 2020, <https://www.japanesegreenteain.com/blogs/green-tea-and-health/everything-you-need-to-know-about-japanese-hojicha-tea> Copyright 2013 by K. Nishida/ LLC.

Hojicha Infused Scrambled Eggs

SERVES 1 | PREP 6-10 hours | COOK 5 minutes | READY 5 minutes

INGREDIENTS

1 fl oz Milk
1g Hojicha
3 Eggs
1 Tbsp Butter
Salt & Pepper to taste

DIRECTIONS

1. Let the tea leaves soak in milk overnight for about 6-10 hours.
2. In a bowl, whisk the eggs and tea infused milk together.
3. Season with salt and pepper.
4. Heat the pan with a medium-low flame and melt the butter.
5. Pour the egg mixture into the pan and keep on stirring using a rubber spatula or wooden spoon.
6. Serve when eggs are still soft and moist making sure not to overcook them.



Chinese Tea Eggs

SERVES 6-12 | PREP 1 minute | COOK 14 minutes | READY 12-24 hours

INGREDIENTS

6 eggs
6 tablespoons soy sauce
3 small bay leaves or 2 large bay leaves
1 teaspoon Sichuan peppercorns
1 star anise
1 small cinnamon stick
2 teaspoons sugar
1 teaspoon salt
2 black tea bags (or 2 tablespoons black tea leaves)
2 1/2 cups water

DIRECTIONS

1. Mix all the marinade ingredients in a small pot. Cook over medium heat until bringing to a boil. Turn to medium-low heat. Simmer for 10 minutes. Remove the pot from your stove and let cool completely.
2. To boil the eggs, heat a pot of water (enough to cover all the eggs) over high heat until boiling. Turn to low heat. Carefully place the eggs in the pot using a ladle, to prevent the eggs from cracking.
3. Boil 5 minutes for soft-boiled eggs, 7 minutes for medium eggs, or 10 minutes for hard-boiled eggs.
4. While cooking the eggs, prepare an ice bath by combining ice and tap water in a big bowl.
5. Once the eggs are cooked, immediately transfer them to the ice bath to cool for 2 to 3 minutes. If you don't have ice on hand, simply run cool tap water over the eggs for a couple minutes until they cool down.
6. Gently crack the eggs using the back of a spoon. You want to make sure the egg shells are cracked enough so the marinade will reach the interior, without cracking the eggs apart (especially if you made soft boiled eggs). If you're in a hurry, you can also peel the eggs and marinate them peeled. The eggs will be ready in 12 hours this way.
7. Transfer the eggs to a quart container, then carefully pour in the marinade along with the dry ingredients. Marinate overnight for peeled eggs, or 24 hours for cracked "marble" eggs.
8. Peel the eggs and enjoy them cold or at room temperature!

NOTES:

- You can store the leftover eggs in the marinade for 4 to 5 days in the fridge. The marinade will help with preserving the eggs. The eggs will become more flavorful and saltier over time.
- I used a quart container for 6 eggs. If you have a quart-size ziplock bag, you can marinate up to 12 eggs with this same amount of marinade.
- You can enjoy tea eggs as a snack or marinate it for longer to absorb more flavor to eat with rice or noodles.

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