

**“Tea - It’s More Than a Beverage”**  
**Cooking with Tea**  
From  
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Welcome to our online “Cooking with Tea” recipes. If you have questions about preparing any of these recipes email us at [admin@myaromatica.com](mailto:admin@myaromatica.com) . Many of the recipes call for dry tea leaves to be added. If you have never cooked with tea, this may sound strange. Fear not! Your guests will not languish around your buffet trying to choke down a mouthful of dry leaves and herbal stems.

For the dips, unless otherwise directed, give the tea a coarse chop with a knife on a cutting board or use an electric food chopper. For cakes and cookies, you will chop the dry tea leaves into a fine powder - the consistency of flour - before adding to the mix. You can do this easily with either an electric food chopper or a kitchen style mortar and pestle. The tea leaves will soften and blend with the other ingredients during cooking.

Since so few people know how to cook with tea, your guests will experience a unique flavour. Unless your guests know about this recipe list, you can be sure that your dish is something new for them

As with all cooking, the recipe is simply a guideline. Experiment, adjust these ideas to your own palate, and make them your own. If you have any suggestions or develop your own tea recipes, send them along. If they pass the taste test we will include them online for others to enjoy.

Note on formatting: Where possible, the longer recipes have been put on one page rather than split over two. You will occasionally see a long section of white space at the end of a page. Visually, the spacing between recipes is uneven but it makes the recipes much easier to use.

Have fun!

Kim & Karen

### Drinks & Party Punch

#### Apple Chai

1. Heat 8 cups pure 100% Apple Juice (not concentrate) to just below boiling.
2. Put 7 teaspoons of Aromatica Chai Rooibos into an infuser and place in the juice to infuse.
3. Brew at least 8 minutes before serving, but can be left to infuse for thirty minutes to get full flavour.
4. If making smaller quantity, use one teaspoon of Aromatica Chai Rooibos per one cup juice.

(Note: Also delicious with Cranberry or Pomegranate juice. Just be sure to use juice rather than concentrate to avoid bitterness.)

#### Chilled Fruit Chai

The above recipe for Apple Chai made using apple juice or cranberry juice is a delicious, thirst quenching summer treat when served in a tall glass over cracked ice!

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### Perfect Iced Tea

4 cups water  
2 Tbs black tea leaves  
Ice cubes

#### Directions:

1. In a saucepan, bring 2 cups of water to boil. Remove from heat and add the loose tea. Stir, cover, and let steep for 5 - 7 minutes.
2. Stir and strain the brewed tea through a fine sieve to remove tea leaves.
3. Pour the brewed tea into a pitcher containing the remaining 2 cups of cold water.
4. Stir, and pour into tall glasses filled with ice cubes.
5. Sweeten to taste. For variety add mint leaves, lemon slices, or quartered key limes after brewing.

### Iced Sun Tea

This is an old traditional south Louisiana method for making a delicious, summer thirst quencher. It is possible to make only on a hot, sunny day. Slow infusion of the tea under the direct heat of the sun creates a smooth tea not possible to achieve with a kettle or stove top.

6-8 cups water in lidded, clear glass jug  
4 Tbs black tea leaves  
Ice cubes

#### Directions:

1. On a bright sunny morning of a hot summer day, place the water and leaves in the clear glass jug. Tighten lid securely, place jug on a level surface in your yard or on your porch that will receive at least four hours of direct undisturbed sunlight.
2. After 4-5 hours in the hot sun, strain through a fine sieve to remove leaves and pour into tall glasses filled with ice cubes.
3. Sweeten to taste. For variety add mint leaves, lemon slices, or quartered key limes after brewing.

### Russian Tea

4 cups boiling water  
2 Tbs Aromatica Samovar Black Tea  
4 Tbs whole berry jam (Press 2 Tbs raspberry jam through fine sieve to remove seeds, then gently fold in 4Tbs fresh raspberries or thawed frozen whole raspberries. Gently warm the mixture without crushing the berries by either a short burst in the microwave or sitting in a hot water bath.)  
4 thin slices of lemon  
4 tall clear glass cups or mugs

#### Directions:

1. Place tea leaves in an infuser and place in warmed teapot. Pour boiling water over leaves and steep for 5 minutes. Remove leaves from brewed tea.
2. In each tall clear glass cup or mug, place one full tablespoon of the whole jam mixture. Fill mug with hot brewed tea, top with a lemon slice.
3. Sweeten to taste and serve hot.

### Smoked Sunshine

4 cups water  
3 tsp Aromatica Lapsang Souchong tea  
2 tsp honey  
4 strips of lemon peel, each stuck with 1 whole clove  
4 sticks cinnamon bark

#### Directions:

1. Place the Lapsang Souchong leaves in an infuser and place in warmed teapot. Pour 4 cups boiling water over the leaves and steep for 3-4 minutes.
2. In each mug place ½ tsp honey, 1 clove-studded lemon peel, and one cinnamon stick.
3. Pour brewed tea into mug, stir with cinnamon stick and savor slowly.

### Dips

#### Chai Cream Cheese Dip

1. Bring three ounces of water to boil, remove from heat, and brew two teaspoons of Aromatica Chai Rooibos in it for twenty minutes, until it is strongly infused.
2. Pour the brewed chai rooibos (leaves strained out) into medium size mixing bowl. Add 8-ounce packet of cream cheese and one or two teaspoons of sour cream, to taste.
3. Blend ingredients well. If the dip is too thick, add sour cream by half teaspoons until reaches desired consistency.
4. Serve chilled as dip for crackers, chips, or vegetables. Also makes a great sandwich spread.

#### Energy Herbal & Goat Cheese Dip

1. Chop fine 2 teaspoons Aromatica Energy Herbal Tea in a food chopper or processor.
2. Blend dry tea into 8 oz. sour cream.
3. Crumble 3 oz. goat cheese into small bits and blend thoroughly into the mix.
4. Chill at least one hour before serving.

## Entrees

### Chai Rooibos Pork Tenderloin

2 pound tenderloin or pork roast  
1/8 cup soy sauce  
1/8 cup Worcestershire sauce  
1/4 cup liquid smoke  
1/2 tsp cinnamon  
1/4 tsp 5 spice  
6 Bay leaves or 1/2 tsp dried basil (as preferred)  
1 tsp cracked coriander seeds  
Marinate at least six hours

1. Pour 1 cup boiling water over 1 heaping teaspoon chai rooibos tea and let steep for 15 minutes. Strain and discard chai grounds - reserve tea.
2. In heavy skillet or pan, sauté 1 chopped onion, tsp chopped garlic until melted.
3. Place meat in roasting pan. Add all ingredients + brewed chai rooibos

Roast covered at 350 until internal temperature reaches 170.

(Note: works well with chicken instead of pork, too.)

## Chai Infused Pork Balls

1 lb lean ground pork  
1 med onion minced  
1 clove garlic minced  
3 basil leaves, minced  
2 Tbs dark soy sauce  
1 Tbs Worcestershire sauce  
Splash of liquid smoke  
¼ tsp ground cinnamon  
½ tsp cracked coriander seeds  
2 Tbs fresh bread crumbs  
1 Tbs extra virgin olive oil  
1 cup strongly brewed Aromatica Chai Rooibos

1. Combine all ingredients except for rooibos in large glass mixing bowl and mix well.
2. Add 1/2 cup of brewed Aromatica Chai Rooibos and mix well into ingredients.
3. Cover, place in refrigerator and let stand minimum of one hour.
4. Remove from refrigerator, form the mixture into 1 ½ to 2 inch diameter meatballs.
  1. (Moistening your hands allows you to form balls easier with less sticking to your fingers.) Cook in uncovered skillet over medium heat until done. During last 2-3 minutes of cooking, pour remaining brewed chai rooibos into skillet and allow meatballs to simmer in it.
5. When done, remove from skillet, allow rooibos to drain off if required, and serve.
6. For sauce:, Add 1 cup apple juice to juices in the pan, stir thoroughly, bring to a simmer. Strain through a fine mesh strainer, pressing on the solid pieces to extract all the juices, and return liquid to the pan. Bring sauce to simmer and reduce by 1/3. Whisk one tablespoon butter into sauce and remove from heat. May be served on the side or spooned over meatballs.

## Pan Seared Earl Grey Chicken

4 chicken breasts (skin on) or one chicken quartered  
1 tsp fresh minced thyme  
1 tsp fresh minced rosemary  
1 small onion, minced  
1 clove garlic, minced  
1 tsp light soy sauce  
1 cup fresh orange juice  
2 tablespoons loose Earl Grey tea leaves  
3 cups chicken duck stock  
2 teaspoons sweet orange marmalade  
2 Tbs cold unsalted butter, cut into small pieces  
2 Tb extra virgin olive oil  
Salt and pepper to taste

Heat the oven to 375 degrees F.

1. In a large, heavy skillet over low medium heat add the olive oil, then cook chicken skin side down until golden brown and crispy, about 5 minutes. Brown it, don't scorch it. Turn and sear other side for 2 minutes. Remove chicken and place in a roasting pan.
2. Here's the tricky bit. Place chicken in heated oven to finish cooking, about 20 minutes or until center of chicken piece reached 165 degrees Fahrenheit. Watch your timing. The goal is to have your chicken finish cooking and your sauce to complete assembly at the same time.
3. While chicken is roasting, add minced onion to skillet and sauté until clear. Add minced garlic and sauté for 30 seconds. Add the orange juice, tea, and soy sauce. Bring to a boil and reduce by half in volume. Add the chicken stock, reduce the heat to medium-low, and simmer until reduced by half in volume, about 15 minutes.
4. Strain the sauce through a fine mesh strainer, pressing on the solids with the back of a spoon to extract all the liquid. Return the sauce to the pan. Add the marmalade, rosemary and thyme. Stir to combine. Taste and adjust the seasoning as necessary. Whisk in the butter and remove from the heat. Remove the chicken from the oven and divide among serving plates. Spoon the sauce over the chicken and serve.

## Lemon Ginger Green Tea & Chicken Roll Ups

1. Place three teaspoons of Aromatica Lemon Ginger Green Tea in a small bowl. Barely cover with boiling water (just enough water for the leaves to absorb in three minutes). Let the leaves sit for three minutes in order to swell and absorb all the hot water. Leave them no longer than three minutes or they will get bitter.
2. Process or chop leaves until fine in consistency with no large chunks of leaf. Blend with 1 pound of cream cheese and 2 teaspoons of sour cream. Blend until mixture is a smooth spread.
3. Spread onto three or four flour tortillas, depending upon the size of the tortillas. Place chunks of cold cooked chicken over the spread. Roll up tortilla, spread and chicken and slice into one-inch rounds.
4. Serve cold.

## Lemon Ginger Green Tea Poached Halibut with Citrus Pepper Relish

This recipe combines Aromatica's Lemon Ginger Green Tea with a fresh lime and pepper relish to create a sophisticated entrée that is deceptively simple to prepare.

### Relish:

#### Ingredients:

One small red bell pepper

One small choice of either orange or yellow bell pepper. (Avoid using green bell pepper as it will overpower the dish.)

One fresh lime

1/8 tsp pure cane sugar

#### Directions:

Wash, core and trim the peppers. Mince the peppers to a fine mince. Combine with the juice of the lime and a light dusting of pure cane sugar. (Do not use Rogers sugar or you will get an unpleasant chemical taste.)

Mix well and place in refrigerator to chill while you prepare the rest of the dish.

### Lemon Ginger Halibut

#### Ingredients:

1 tsp flour

1 tsp butter

4 cups brewed Aromatica Lemon Ginger Green Tea. (Note: make the tea strong by using three tsp of leaves for four cups of tea. Be sure to let the tea steep for exactly three minutes then remove the leaves from the brewed tea. Brewing any longer will cause the tea to become bitter.)

One minced shallot

2 sprigs of fresh thyme

Four 6 oz halibut steaks, skin on, approximately one inch thick

#### Directions:

1. In a deep 12 in skillet, make a blonde roux of the flour and butter. Do not brown it. Just cook it through to a blonde colour.
2. Add the minced shallots and sauté for one minute. Do not brown the shallots.
3. Whisk in the four cups of lemon ginger green tea. Add the thyme and bring the mixture to a boil. Reduce heat and simmer uncovered 3 minutes.
4. Place the halibut steaks in the mixture skin side down. (Liquid should barely cover the fish. If not, add more brewed tea.) Poach at a bare simmer, uncovered, until opaque and just cooked through, about 5-6 minutes or to your desired preference.
5. Using a slotted spatula, gently transfer the cooked halibut to a serving plate. Peel off and discard the skin. Arrange the halibut steaks around the perimeter of the serving platter. Drain the excess lime juice from the chilled relish and spoon the relish neatly into the centre of the serving dish so guests can spoon it over the halibut as they wish.
6. Strain the poaching sauce through a fine strainer and spoon a bit of the clear sauce over each steak.

Serve immediately with side dishes of garden salad and sautéed asparagus.

### Lapsang Souchong Smokey Tea Prawns

20 large prawns, peeled and veined  
1 Tbs butter  
1 clove garlic, minced  
1 shallot, minced  
1 Tbs orange zest  
1 Tbs light soy sauce  
1 cup brewed Aromatica Lapsang Souchong tea

#### Directions:

1. In a large sauté pan melt butter over medium heat.
2. When melted butter begins to foam add minced shallot and sauté until softened. Add garlic and sauté one minute.
3. Add orange zest, soy sauce, and tea and bring to simmer.
4. Add prawns and cook 3 - 3 ½ minutes. Serve warm prawns over green salad with light balsamic vinaigrette dressing or over Chinese noodles.

### **Grilled Tea-Smoked Chicken**

(Substituting 3 pounds chicken wings for the chicken pieces listed below makes this a unique hors d'oeuvre for parties.)

1 whole chicken separated into 2 breasts and 2 thighs, skin on  
1 finely minced shallot  
3 cloves garlic, minced  
1 Tbs grated ginger root  
2 Tbs honey  
¾ cup soy sauce  
1 Tb Worcestershire sauce  
2 bay leaves  
½ cup brown sugar  
½ cup loose Aromatica Lapsang Souchong tea leaves

#### Directions:

1. Wash chicken and pat dry. Set aside.
2. In a medium sized mixing bowl, combine shallot, garlic, ginger root, honey, soy sauce, Worcestershire sauce, and bay leaves. Blend well.
3. Arrange chicken pieces in shallow pan large enough to allow all to lay flat. Using a ladle, drizzle the sauce over the chicken, turning to coat both sides.
4. Pour remaining sauce in pan with chicken. Cover and marinate at least 2 hours, rotating and recoating the chicken with the sauce ever thirty minutes.
5. Light barbecue grill and bring to cooking temperature.
6. Place aluminum foil over grill, shiny side up. Spread tea leaves and brown sugar directly on the foil, evenly around area to be covered by chicken.
7. Place cake rack or fish rack over aluminum foil. (The idea is to keep the chicken just above the tea and sugar, not directly laying in them.)
8. Arrange chicken on the rack above the tea leaves and brown sugar.
9. Cook chicken on low-medium heat until thoroughly done. Brush with remaining marinade often.

Note: if tea leaves get too hot and begin to scorch, pour a bit of water over them to moisten. The leaves should smoke, not scorch or burn.

## Side Dishes

### **Citrus Rooibos Basmati**

1 cup short grain rice or basmati  
2 cups water  
3 teaspoons Aromatica Luscious Lemon Rooibos (*try Sunrise or Orange Rooibos, or Yerba Chai, too.*)  
½ cup raisins  
½ cup dried apricots, chopped

#### Directions:

1. Heat oven to 350 F.
2. In a medium sized sauce pan with oven-proof lid, bring the two cups water to boil.
3. Turn off heat, place Lemon Rooibos in an infuser and place in the water. Let the Rooibos steep for 5 minutes. After five minutes remove Rooibos leaves and discard.
4. Return pan to heat and bring brewed Rooibos back to boil. Add rice and stir.
5. When rice begins to boil again remove from stove top, cover with lid and place in heated oven. Leave for twenty minutes. Do not stir or disturb rice while in oven.
6. After twenty minutes remove from oven, fluff with fork and gently stir in raisins and apricots. Serve hot.

Variations: Add ½ teaspoon of either cracked caraway or cardamom seeds.

Note: This recipe is also delicious using Aromatica Sunrise Rooibos rather than Luscious Lemon.

### Raspberry Rooibos Asparagus

1 dozen asparagus spears, trimmed  
½ cup brewed Aromatica Raspberry Rooibos  
1 tsp balsamic vinegar  
1 Tbs butter

#### Directions:

1. Melt butter in medium sized sauté pan over medium heat.
2. When butter begins to foam add asparagus and shake sauté pan to coat asparagus well.
3. Saute asparagus 2 minutes, shaking often, until heated through but still crisp.
4. Add brewed Raspberry Rooibos and simmer 2-3 minutes.
5. Remove asparagus from pan and transfer to warm serving dish. Drizzle balsamic over asparagus. Serve immediately.

## Muffins & Scones

### **Glazed Cinnamon Cream Scones**

(The key to these scones is avoiding over-beating the batter. To keep the scones light and airy stir until mixture just forms dough before kneading. Only knead dough 2 or 3 times. The less you press, the lighter the scone.)

#### Scones:

2 Tbs finely ground Aromatica Cinnamon Cream tea leaves  
2 cups all purpose flour  
1 ¼ cups milk or heavy cream  
1 Tbs granulated pure cane sugar  
1 Tbs baking powder  
½ tsp salt

#### Glaze:

1 egg, beaten  
¼ cup milk  
¼ tsp orange zest  
Combine in a bowl, whisk thoroughly, set aside.

#### Directions:

1. Heat oven to 400 degrees F.
2. In a large mixing bowl, blend together the ground tea, flour, sugar, baking powder, and salt.
3. Form a well in the center of the dry ingredients and add the milk. Stir with a wooden spoon until the mixture just forms a dough.
4. Knead the dough gently on a lightly floured surface 2 or 3 times.
5. Roll out dough ¾ inch thick. Cut into shapes using a floured cookie cutter, the open end of a glass tumbler, or by cutting the dough into 2" squares.
6. Place scones on non-stick or greased baking sheet.
7. Whisk glaze mixture again, and then brush over the top of each scone.
8. Bake 12 minutes or until golden brown.

## Cakes & Cookies

### Yerba Mate Tiramisu Double Chocolate Cookies

2/3 cup butter or margarine  
1 cup sugar  
1/3 cup firmly packed dark brown sugar  
1 large egg  
1 teaspoon pure vanilla extract  
1 ounce square unsweetened chocolate, melted  
1½ cups all-purpose flour  
6-8 ounces chocolate morsels  
2 Tablespoons Aromatica Mate Tiramisu ground fine  
Heat the oven to 325 degrees.

#### Directions:

1. Beat the butter at medium speed with an electric mixer until fluffy.
2. Gradually add the sugars, beating well.
3. Add the egg, vanilla and melted chocolate, mixing well. Sift the ground Yerba mate into the flour, and then gradually add to the batter, mixing well. Stir in the morsels.
4. Drop by level tablespoons onto a lightly greased cookie sheet. Bake for 12 to 15 minutes.

Cool on the cookie sheets for about 3 minutes, and then transfer them to a wire rack to cool.

### Lemon Mint Oatmeal Cookies

2 Tbs finely ground Aromatica Mint Yerba Mate tea  
2 cups all-purpose flour  
1 tsp baking soda  
¼ tsp salt  
2 cups butter (not margarine)  
2 cups granulated pure cane sugar  
1 tsp pure vanilla extract (Mexican vanilla if possible)  
2 tsp lemon extract  
1/2 tsp lemon zest  
3 cups old-fashioned rolled oats (not instant)

#### Directions:

1. Heat oven to 350 F.
2. Sift the tea, flour, baking soda, and salt together and set aside.
3. In a large mixing bowl, cream together the butter and sugar for 8-10 minutes or until fluffy. Blend in the vanilla extract, lemon extract, and lemon zest.
4. Add the sifted flour mixture by thirds until completely blended.
5. Stir in the oats until fully incorporated.
6. Drop by teaspoon onto an ungreased cookie sheet. Bake 10 minutes until lightly golden.
7. Let cool on cookie sheet a few minutes before transferring to serving plate.

## Earl Grey Tea Cookies

2 cups all-purpose flour  
2 tablespoons finely ground Aromatica Earl Grey Cream tea leaves \*  
1/2 teaspoon salt  
1 cup (2 sticks) unsalted butter, softened  
1/2 cup confectioners' sugar  
1 tablespoon finely grated orange zest

### Directions:

1. Whisk flour, tea, and salt in a small bowl and set aside.
2. Put butter, sugar, and orange zest in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed until pale and fluffy, about 3 minutes. Reduce speed to low; gradually mix in flour mixture until just combined.
3. Divide dough in half. Transfer each half to a piece of parchment paper or cling film and shape into logs. Roll in parchment to 1 1/4 inches in diameter, pressing a ruler along edge of roll at each turn to narrow the log and force out air. Place rolls flat in freezer and freeze until firm (30 min to 1 hour).
4. Heat oven to 350F. Cut logs into 1/4-inch-thick slices. Space 1 inch apart on non-stick baking sheets or on sheets lined with parchment paper.
5. Bake cookies, rotating sheets halfway through, until edges are golden, 13 to 15 minutes. Let cool on sheets on wire racks. Cookies can be stored in airtight containers at room temperature up to 5 days.

\*You can grind the tea leaves in a small food processor, spice grinder, food chopper or magic bullet. Be careful not to use anything that has ground coffee as it will make the tea taste like coffee.

\*\*Or just lay them carefully in your freezer on something long and flat.

Note: Experiment with other teas, this recipe works well with lots of blends. Works well with Coconut black tea.

## Angel Dreams Shortbread Cookies

2 cups all-purpose flour  
2 tablespoons finely ground Aromatica Angel Dreams tea \*  
1/2 teaspoon salt  
1 cup (2 sticks) unsalted butter, softened  
1/2 cup confectioners' sugar

### Directions:

1. Whisk flour, tea, and salt in a small bowl and set aside.
2. Put butter, sugar, and orange zest in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed until pale and fluffy, about 3 minutes. Reduce speed to low; gradually mix in flour mixture until just combined.
3. Divide dough in half. Transfer each half to a piece of parchment paper or cling film and shape into logs. Roll in parchment to 1 1/4 inches in diameter, pressing a ruler along edge of roll at each turn to narrow the log and force out air. Place rolls flat in freezer and freeze until firm (30 min to 1 hour).
4. Heat oven to 350F. Cut logs into 1/4-inch-thick slices. Space 1 inch apart on non-stick baking sheets or on sheets lined with parchment paper.
5. Bake cookies, rotating sheets halfway through, until edges are golden, 13 to 15 minutes. Let cool on sheets on wire racks. Cookies can be stored in airtight containers at room temperature up to 5 days.

\*You can grind the tea leaves in a small food processor, spice grinder, blender, or do as I did and use a magic bullet! Be careful not to use anything that has been used to grind coffee as it will make the tea taste like coffee.

\*\*Or just lay them carefully in your freezer on something long and flat.

Note: Experiment with other teas, this recipe works well with lots of blends.

## Green Tea & Pecan Chiffon Cake with Ginger Glaze

### Cake:

2 ½ cups all-purpose flour  
¾ cup plus ¾ cup pure cane sugar  
2 tsp baking powder  
3 Tbs Aromatica Japan's Treasures green tea, ground to fine powder.  
½ cup chopped pecans or walnuts  
2 oz. crystallized ginger, minced  
8 large eggs, separated  
½ cup extra virgin olive oil  
¾ cups water  
2 tsp lemon extract  
Pinch of salt

1. Heat oven to 350 F. Butter the inside of a tube pan and dust with flour.
2. Sift the flour into a mixing bowl. Add ¾ cup sugar, the baking powder, and the finely ground tea. Sift together well. Add the nuts and the crystallized ginger and mix well.
3. In another mixing bowl, use an electric mixer to beat the egg yolks, oil, water, and lemon extract. Slowly add the flour mixture in three batches and blend well.
4. Place the egg whites in a dry mixing bowl and add the pinch of salt. Beat on low speed until frothy, then on high speed until soft peaks form. Slowly add the remaining ¾ cup sugar and beat until stiff, glossy peaks form.
5. Gently fold the egg whites into the batter, one third at a time. Carefully pour the batter into the tube pan. Gently tap the pan on a counter to level the batter and smooth out the top. Bake for 1 hour, or until a knife inserted into the center of the cake comes out clean.

### Glaze:

1 ¾ cups powdered sugar  
2 Tbs freshly squeezed lemon juice  
1 Tb freshly squeezed orange juice  
1 tsp corn syrup  
1/2 tsp peeled and grated ginger root  
2 Tb finely chopped crystallized ginger

1. In a small bowl, add the powdered sugar, lemon and orange juices. Whisk until mixture thickens into a glaze. Add corn syrup and continue to mix. Add the ground ginger and ginger root and mix well. Set aside and cover to prevent crust forming on top.
2. When the cake is finished baking, set the pan on a cooling rack for 20 minutes. Run a thin knife around the edge to loosen the cake from the pan, and then turn the cake out onto the cooling rack. Turn cake back over to right side up. Let the cake cool completely, about 30 minutes.
3. Spread the glaze over the top of the cake. Let it drizzle over the edges and down the sides. Sprinkle finely chopped crystallized ginger over the top. After the glaze has set, carefully place the cake on a platter and serve.

## Chai Rooibos Apple Harvest Cake

### Ingredients:

1 cup raisins  
3 eggs  
1 ½ cups sugar  
1 tsp pure vanilla extract  
1/3 cup olive oil mixed with 2/3 cup applesauce  
2 cups all-purpose flour  
2 TBS finely ground dry Aromatica Chai Rooibos. Grind until fine as flour.  
1 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp each ground cloves and allspice  
3 cups peeled apple chunks (about 3-4 apples)  
1 cup chopped walnuts or pecans

1. Heat oven to 350
2. Place raisins in a bowl and toss them with 2 tbs flour until lightly coated. (This prevents them  
  1. from sinking in the cake batter during baking.)
2. Beat the eggs and sugar until fluffy, slowly incorporate the vanilla and the oil.
3. In a separate bowl, mix together the flour, finely ground rooibos, salt, baking soda, cinnamon, cloves and all spice. Mix into the egg mixture.
4. Mix in the apples and nuts, then stir in the raisins, distributing them evenly through the batter.
5. Spoon into a nonstick 10-inch tube pan (Bundt pan) and bake 60-70 minutes, until springy and
6. dry in the center.
7. Let cool completely on a wire rack, then turn out

### **Sangria Fruit Loaf Cake**

1/3 cup olive oil  
3/4 cup pure cane sugar  
1 1/4 cups brewed Aromatica's Sangria tea  
1 3/4 cups all purpose flour  
1/2 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
1 tsp vanilla extract  
1/2 tsp nutmeg  
2 Tb raisins  
1/2 cup dates, pitted and chopped  
1/2 cup dried figs, chopped  
1/2 cup almonds or hazelnuts, chopped

1. Heat oven to 350 F.
2. Cream together oil and sugar in large mixing bowl. Add tea and vanilla extract, mix well. Note: the batter will be an odd purple colour. Don't worry. During baking it browns.
3. Sift flour, salt, soda, cinnamon, and nutmeg together. Blend into the wet mixture until all ingredients are moist.
4. Stir in fruit and nuts. Blend well.
5. Pour into a well-greased loaf pan. Use spoon or spatula to smooth top.
6. Bake 35 minutes or until toothpick stuck into centre comes out clean. Cool to room temperature before turning out of pan or serving.

### **Emeril's Green Tea Ice Cream**

Recipe from Emeril Lagasse

8 large egg yolks  
3/4 cup plus 2 tablespoons sugar  
Pinch salt  
1 1/2 cups whole milk  
1/2 cup loose green tea  
2 1/2 cups heavy cream

In a large bowl beat the egg yolks with the sugar and salt. Set aside.

In a heavy saucepan, scald the milk. Remove from the heat. Add the tea, cover and steep for 3 minutes. Strain through a fine mesh sieve into a clean pot, pressing with a rubber spatula to extract as much liquid as possible. Add heavy cream and bring to a simmer over medium-high heat. Ladle 1/3 of the cream mixture into the eggs and whisk well to combine. Add all the egg mixture to the pot and cook over low heat, stirring, until thick enough to coat the back of a spoon, about 5 minutes.

Strain through a fine mesh sieve into a clean container and cool in the refrigerator, about 2 hours.

Pour into an ice cream maker and process according to the manufacturer's instructions. Transfer to a plastic container and keep in the freezer until ready to serve.