



# Tea: Discovering, Exploring, Enjoying

*Hattie Ellis*

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## **Tea: Discovering, Exploring, Enjoying** Hattie Ellis

Award-winning food writer, Hattie Ellis leads you through the delicious and varying flavors available, from the delicacy of single estate Darjeelings to the brisk vigor of Assams, from the scented beauty of Chinese hand-crafted varieties to the health-giving properties of Japanese green teas. Hattie also explains the finer points in making and serving the perfect cup, and serves as recipes, ranging from favorites like iced tea to exotic dishes such as Tea-smoked Chicken and Jasmine Tea Sorbet. So, whether you like your cha to be iced or spiced - or are happier with a homely cuppa - Tea is guaranteed to double your enjoyment. You'll never think of tea as ordinary again.

Soothing and comforting as well as invigorating and refreshing, tea is a simple brew that comes in a variety of flavors. Tea takes the reader on a trip to the exotic sources of tea, describing the aromas, health-giving properties, flavors and blends along the way.

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