

Cooking with Tea

Chinese Tea Eggs

6 eggs (any size)
2 tablespoons (30 ml) (6 gm) black tea leaves, or 4 tea bags
2 teaspoons (10 ml) (5 gm) Chinese five spice powder
1 tablespoon (5 ml) (3 gm) coarse grain salt
toasted sesame seeds, to garnish

Ginger Tea Soup with Chinese Noodles

1 (9 oz.) package fresh Chinese noodles
8 cups water
12 to 18 shrimp, peeled (shells reserved)
2 chicken breasts
1 tablespoon oil
1 head bok choy, chopped (stalk and greens separated)
1 medium onion, halved and sliced thinly
1/2 head garlic, minced
5 to 6 green onions, chopped (whites and greens separated)
1/2 cup fish sauce
3 to 4 ginger tea bags
Salt and pepper to taste
Chinese Tea Eggs, quartered (see recipe above)

Wonton Chips with White Tea Salt

Packaged wonton wrappers
1 bag white tea
2 teaspoon sea salt or kosher salt
Canola oil for frying.

Eggs: In a large enough pot to avoid overcrowding, cover the eggs with cold water. Bring to a boil over medium heat and simmer for twelve minutes. Remove the eggs with a slotted spoon and keep the cooking water. With a spoon, tap the eggs all over until they are covered with small cracks. This can also be done by tapping and rolling the eggs very gently on the counter.

Return the eggs to the pan and add the tea leaves or bags, Chinese five spice powder, and salt. Cover the pan. Heat gently and simmer, covered, for one hour. Remove the pan from the heat and let the eggs cool down in the liquid for 30 minutes. Remove the eggs from the liquid. Peel one egg to check how dark it is; the others can be returned to the liquid if you wish to have the web-like pattern darker. Allow the eggs to cool fully.

To serve, peel and slice the eggs in halves or quarters. Sprinkle with toasted sesame seeds.

Soup: To make broth: In a large pot bring to a boil chicken, shrimp shells and water. Turn down to a simmer, add tea bags (I used 4). Simmer until chicken breast is cooked through, about 20 minutes. Drain broth, shred chicken breast, discard shells and tea bags. Reserve the broth.

Using the same large pot, heat oil over medium heat. Sauté onions and garlic until onion is tender and translucent. Add bok choy stems and cook for an additional 2 minutes. Add chicken, broth and fish sauce, bring to a

gentle boil. Add bok choy greens and shrimp, cook until shrimp is done, about 3 minutes (they will turn pink). Salt and pepper to taste.

In a separate pot, bring some water to a boil, add Chinese noodles, cook for 3 minutes. Drain noodles. To serve soup, place some noodles in a bowl, ladle soup over noodles. Garnish with Chinese Tea Egg quarter and green onion tops.

Wontons: To make tea salt: cut open tea bag and remove tea, mix with salt. Run tea/salt mixture through a spice grinder or processor.

In a deep pan heat oil until it reaches 350°F. Cut wontons in half diagonally. Fry wontons approximately 15 seconds on each side, drain on a paper towel lined plate. Sprinkle tea salt over wontons. Store in an air tight container.