

STAR JASMINE FLOWERS TEA

Ingredients

fresh star jasmine flowers (preferably just before fully blooming)
green tea (high quality for best results)



Method

Infusion process

1. For layering, place a layer of tea leaves in a clean, airtight container, followed by a layer of jasmine flowers.
2. Repeat layers until the container is full, ensuring the top layer is tea leaves.
3. Cover the container tightly and let it sit for at least 24 hours, or up to a week, allowing the jasmine flowers to infuse their scent into the tea.

Brewing the tea

1. Bring fresh water to a near boil (around 80 C).
2. Add a teaspoon of the jasmine-infused tea leaves to a cup.
3. Pour the hot water over it.
4. Steep for 3-5 minutes.
5. Strain the tea leaves and enjoy your fragrant star jasmine tea.