

Tea Culture



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Tea for two, tea for three...tea for more Hot or cold, sweetened or black, alcoholic or herbal, caffeinated or decaf: the drink may be ancient, but tea culture is trendy. More and more people are discovering the elegance, versatility, downright good taste, and even the health benefits of this delicious beverage. And they want to find out even more: the different flavors, the best methods of preparation, and the fun ways to enjoy a cup at home, with others at a party, shower, or any other special occasion. Author Beverly Dubrin answers all the questions, pouring a wealth of knowledge into the stylishly photographed pages. It covers all things tea, from a historic overview and a look at the renowned Japanese tea ceremony to delicious recipes and ideas for thoroughly modern celebrations. The essence of tea culture infuses every page, as it dispenses advice on how and when to drink tea, whether to choose bagged or loose,

and which varieties to choose from. Find out how much caffeine is in different types, and about the popular herbal alternatives. Of course, you'll learn how to brew a really good cup-and even turn it into a fancy drink, like a Green Tea Latte or a Cocktail And there's still more: a discussion of tea's healthfulness and tips on incorporating it into a range of products for personal and home care. Even dedicated coffee drinkers will find their cup brimming with reasons to switch

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目录:

[Tea Culture_ 下载链接1](#)

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