

Iced Tea Tips

These are “lessons learned” over a number of years of trying to get my iced tea as good as the tea my grandma made while I was growing up. Lunch was my favorite meal on those visits because the tea was usually made fresh before that meal, with enough extra made and refrigerated for dinner.

Boiling the water on the stove is the best way to heat it. Warming in the microwave does not produce as clear a taste.

The best type of pot to use for boiling the water is a glass pot.

Ceramic pots are okay, but the taste won't be quite as clear.

Metal pots produce a bitter taste in the tea.

Only boil half the amount of water that you intend to have as the final amount. (If making a half-gallon of tea, only boil a quart of water.)

Use the number of tea bags needed for the full final amount.

Bring the water to a boil, move the pan from the heat source, place the tea bags into the pan, and cover to steep.

Do not squeeze the tea bags at any time, especially while removing them. The tea will be more bitter if the bags are squeezed. (Allowing the water to naturally run out of the bags is fine.)

Use a non-metal pitcher and a non-metal spoon to stir with, otherwise the tea can become bitter.

For a true “Southern Sweet Tea”, use at least 1-1/2 cups of sugar for a half-gallon of tea.

In your pitcher, place the sugar or other sweetener in the bottom (if using any).

Follow with a few mint leaves or other herbal leaves/flowers of your choice.

Pour hot steeped tea into the pitcher.

Stir to dissolve all sweetener. (This also allows the mint or other herbs to infuse the tea.)

Pour in other half of water – preferably cold water.

Stir again.

Enjoy (over ice or as-is) or refrigerate to enjoy later.

About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, or **most likely** – reading a book!