Green Plantation

FREE DOWNLOAD

Iced Tea and Cold Brew

Cold extraction of tea and coffee, flash chilling and 8 tried-and-tested recipes

You can make cold tea and coffee drinks at home better than from a bottle: without unnecessary sugar and from quality ingredients. There are two ways: slow cold extraction, or quick hot brewing followed by rapid chilling with ice.

Cold extraction (cold brew)

Drink	Amount per 1 l of cold water	Time in the fridge
Green tea	8–10 g	6–8 h
White tea	10–12 g	8–10 h
Black tea	8–10 g	8–12 h
Oolong	8–10 g	8–10 h
Herbal and fruit tea, rooibos	12–15 g	8–12 h
Coffee (concentrate)	80–100 g coarsely ground	12–18 h

- Put the ingredients in a clean glass container, pour over cold drinking water and close it.
- When the time is up, strain. Drink the tea within 2 days and the coffee concentrate within 7 days; always keep them in the fridge.
- Dilute the coffee concentrate with water or milk at 1 : 1 to 1 : 2 to taste.

> Cold extraction releases fewer bitter compounds. Both tea and coffee are gentler and naturally sweeter, and green tea does not turn bitter even with longer steeping.

The quick method over ice

- Tea: use double the amount of leaves in half the water and steep at the normal temperature. Pour the hot infusion straight onto ice, which makes up the other half of the volume.
- Coffee (Japanese method): for filter coffee, use 65 g of coffee per 1 l, but only 600 g of hot water. Put the remaining 400 g as ice in the carafe under the dripper.
- The advantage: the drink is ready in a few minutes and keeps a pronounced aroma.

Recipes

Peach iced tea

- 1 l cold brew black tea
- 2 ripe peaches, sliced
- 1–2 tablespoons honey or syrup
- leave in the fridge for 2 h

Green tea with lemon and mint

- 1 l cold brew green tea
- ½ lemon, sliced
- a handful of fresh mint
- ice

Hibiscus with orange

- 15 g hibiscus or fruit tea per 1 l
- orange slices
- a cinnamon stick
- cold extraction for 10 h

Rooibos with vanilla

- 12 g rooibos per 1 l
- ½ vanilla pod
- cold extraction for 10 h
- serve with or without milk

Cold brew iced latte

- 80 ml coffee concentrate
- 150 ml cold milk
- ice
- a teaspoon of syrup, optional

Espresso tonic

- a glass full of ice
- 120 ml tonic water
- a double espresso poured slowly on top
- a slice of orange

Iced matcha latte

- whisk 2 g matcha in 50 ml water (75 °C)
- 200 ml cold milk
- ice
- pour the whisked matcha on top

Strawberry green tea

- 1 l cold brew green tea
- a handful of crushed strawberries
- basil leaves
- leave in the fridge for 1 h, strain

Sugar syrup

If you sweeten cold drinks, sugar dissolves poorly in them. Dissolve sugar in water at a 1 : 1 ratio over heat and let it cool. In a closed bottle in the fridge it keeps for about 2 weeks.

Make cold drinks with drinking water in clean containers and keep them in the fridge. Times are a guide, adjust the taste to suit you.
More free guides and resources at www.greenplantation.com