



Iced Black

Tea



1 servings



7 minutes

INGREDIENTS

Tea Base

- 1 cup strong black tea, freshly brewed
 - (Assam, Ceylon, or Earl Grey recommended.)
- 1–2 tablespoons sugar syrup
 - Adjust sweetness as needed.
- Ice cubes, enough to fill the glass

Flavor Add-Ons (Optional)

- Lemon slices
- Mint leaves
- A splash of soda water for a sparkling version

DIRECTIONS

Step 1: Brew the Tea

1. Steep 1 tea bag or 1–2 teaspoons loose black tea in hot water for 3–5 minutes.
2. Remove leaves or tea bag once it reaches desired strength.
3. Let the tea cool for 3–4 minutes.
4. Stronger tea tastes better after icing because melting ice dilutes it.

Step 2: Sweeten the Tea

5. Add 1–2 tablespoons sugar syrup to the warm tea.
6. Stir well until fully dissolved.
7. If using honey, mix while tea is still warm.

Step 3: Serve the Tea

8. Fill a tall glass completely with ice.
9. Pour the cooled tea over the ice.
10. Add lemon slices or mint if desired.
11. Serve immediately for maximum freshness.

Pro Tips

- Brew black tea slightly stronger than you drink hot—it balances out when iced.
- If you want a crisp flavor, avoid steeping longer than 5 minutes.
- Refrigerate brewed tea for 1 hour before serving for even smoother taste.
- Add brown sugar syrup for a Taiwanese tea shop flavor.