

Recipe: Traditional Black Ice Tea

(serves 4)

Ingredients:

- 6 tsp loose leaf black tea
- 500ml boiling water
- Pinch of bicarb soda (prevents the tea from clouding)
- 175g caster sugar
- 1 ½ lemons sliced
- Ice cubes

Method:

1. Place the tea in a teapot and add boiling water. Steep for 15 mins to create a strong infusion.
2. Carefully pour the tea, using a tea strainer, into a 2L heatproof jug.
3. While the tea is still hot, add the pinch of bi-carb soda and sugar, and stir well until dissolved. Add 1.3L of cool water and stir. Leave to cool until lukewarm, then transfer to the fridge and chill for 2-3hours. Add the lemon slices and ice cubes to fill the jug.....and enjoy!

