

# 茶 TEA SOMMELIER

TEXT BY GABRIELLA LOMBARDI  
PHOTOGRAPHS BY FABIO PETRONI

ACTUAL  
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9<sup>5</sup>/<sub>8</sub> x 12



# THE ART OF TEA MAKING

A COMPARISON BETWEEN EUROPEAN AND EASTERN INFUSIONS.



When talking about the art of tea making, the most common questions are: “how much”, and “how long”? As we will see below, these are difficult questions to answer, because several different factors must be considered in preparing a good cup of tea.

There are two great tea making traditions worldwide: the Chinese and the Anglo-Saxon.

The basic rules of these two schools can be summarized as follows:

- Anglo-Saxon, or Western method: few tea leaves, a long infusion time, and a single infusion;
- Chinese, or Eastern method: many tea leaves, a very short infusion time, and multiple infusions.

As we will see, it is not a question of one method being better than the other, but rather of different teas whose particular characteristics are exalted by longer or shorter infusion times.



# HOW TO PREPARE BLOOMING GREEN TEAS



To enjoy the display offered by blooming green tea blossoms, we recommend choosing a tall and narrow glass cup or a tall glass teapot. The teapot or cup should be at least 6 inches (15 centimeters) tall.

After pouring water heated to around 175°-185° F (80°-85° C) on the tea “blossom”, you will have to wait a few minutes before you can observe the unfurling of the truly masterful Chinese art of binding tea buds. The “tea blossoms” can be made solely of tea buds, in the case of Lu Mu Dan, or paired with different flowers, like jasmine, calendulas, amaranths, lilies, globe amaranths, or hibiscus. In addition to enriching the liquor with a delicate floral aroma, these flowers offer a striking and spectacular visual that is sure to please.

Lu Mu Dan, whose shape is similar to a chrysanthemum or small rose, can also be prepared in a glass Gaiwan cup.





# HOW TO PREPARE JAPANESE GREEN TEA

The infusion method used for Japanese green teas is a middle road between the quick and repetitive Chinese method and the prolonged, single method used in the West.

For Bancha, Houjicha, and Genmaicha teas, a single infusion is used as in the West, but it is relatively shorter. For more valued teas such as Sencha or Gyokuro, an infusion of around 2 - 2.5 minutes is repeated three times.



## HOW TO USE THE KYUSU TEAPOT

The Kyusu teapot is a small teapot made of various materials (porcelain, glass) with a special grid filter inside and a very ergonomic and convenient side handle.

Traditionally, it is the typical teapot used to prepare Japanese green teas. It has a very small capacity and can normally hold between 1/2 and 1 1/4 cups (100 and 300 ml) of water.

If you do not have a water boiler with temperature control, we recommend placing the Kyusu pot and three cups on the table and proceeding as follows:

1. bring the water to the boil;
2. put the tea leaves inside the teapot;
3. fill two cups with hot water, leaving the third empty;
4. use the empty cup to pour hot water from one cup to another. Each time the water is poured, its temperature lowers by around 50° F (10° C);
5. when the water has reached around 175° F (80° C) for Sencha or 140°-160° F (60°-70° C) for Gyokuro, pour the water from the two cups into to the Kyusu teapot;
6. pour the tea directly into the cups;
7. repeat the infusion up to three times, slightly reducing the time for each infusion.





# HOW TO PREPARE BLACK TEAS:

## *ENGLISH TEA*



The rules for the art of preparing English tea are the following:

1. Choose a mild water, spring or fixed dry residue, and heat it to 195-205° F (90-95° C);
2. warm the teapot by pouring hot water inside. Wait a few moments, then discard the water;
3. add one teaspoon of tea leaves for each cup, plus one for the pot.
4. Add the heated water and wait around 2-3 minutes for first flush Darjeeling, and 3 minutes for other Indian or Singhalese teas;
5. filter and serve in white porcelain cups.

The perfect tea time must be accompanied by scones, clotted cream, strawberry jam, tea sandwiches, cakes, and pastries.

The English love to drink tea with milk and one or two cubes of sugar.

# *RICOTTA, SHRIMP, BERGAMOT TEA AND KAMUT CRISP*

## 4 SERVINGS

8 FRESH SHRIMP  
1/2 OZ (15 G) BERGAMOT TEA  
1 2/3 CUP (400 ML) WATER  
14 OZ (400 G) FRESH COW'S MILK RICOTTA  
APPROX. 1/8 OZ (6 G) TAPIOCA FLOUR



## FOR PLATING

A FEW PEA AND DAIKON SPROUTS  
CHERVIL AS NEEDED  
A FEW YELLOW VIOLET PETALS



## PREPARATION

Shell the shrimp and freeze them for 12 hours: they must be very fresh, possibly still alive.

Prepare the bergamot tea infusion using 1 2/3 cup (400 ml) water and 1/4 oz (10 grams) of tea. The other 5 grams will be ground and set aside in a small bowl. Stir the ricotta and flavor it with 40 ml of the infusion and the remaining 1/8 oz (5 grams) of powdered tea.

Cook the defrosted shrimp in the tea at a temperature of 80 °C (175° F) for 2 minutes.

Boil the leftover tea for 10 minutes with the tapioca flour so that it reduces and condenses.

At this point, proceed to plating: dot the ricotta on a soup plate, next adding the tea reduction, which has thickened and cooled, then the shrimp, and finally the chervil, flower petals, and sprouts.





ON SALE OCTOBER 2013

Like fine wine, good tea is a gastronomic delicacy that possesses a deliciously wide range of aromas and flavors. And, just like an excellent wine guide would do, this richly illustrated volume initiates drinkers into the art of tasting, making, and serving. A careful examination of 50 grand cru teas—including some of the best-known varieties available—will give drinkers a new appreciation of what goes into a cup.

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Photographer **Fabio Petroni** specializes in portraits and still lifes. Over the years he has photographed leading Italian celebrities, and he now works with top advertising agencies where he handles the publications of some important Italian brands. His books with White Star include *Horses: Master Portraits*, *Mutt's Life!*, *Cocktails*, and *Supercats!* He lives and works in Milan.

**Gabriella Lombardi** attended university in Granada, Spain, where she became enamored of tea and its rituals thanks to the city's numerous *teterias* or tearooms. When she returned to Italy, Gabriella worked as an advertising sales agent until, in 2010, she realized her dream by opening the *Chà Tea Atelier*, the first shop in Milan specializing in the tasting and sale of quality tea. She regularly visits China to learn more about the art of tea making and to increase her expertise in the cultures where this extraordinary beverage originated. *Tea Sommelier* is her first book. Gabriella lives and works in Milan.

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For publicity inquiries, please contact:  
Blanca Olivieri at (646) 688-2548 or [bolivieri@sterlingpublishing.com](mailto:bolivieri@sterlingpublishing.com)

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