

Black Tea (Beverage)

Interesting facts: Black tea is the most popular variety of tea, accounting for about three quarters of the world's tea consumption. When stored properly, black tea does not lose its flavor for many years. This is the primary reason why it was traded extensively in the past. In the 1800's, blocks of black tea was even used as currency by the Siberians, Mongolians and Tibetans.

The caffeine content of black tea is low at 40 mg per cup. In contrast, a cup of brewed coffee has 85 to 200 mg.

How to select: Certified organic tea is free of synthetic fertilizers, herbicides, and pesticides. If you enjoy the flavor of black tea, you also have a choice to consume it in a variety of ways. Chinese people add sweetening agents, spices, chocolate, or even rare herbs while brewing black tea. In India, milk and sugar is normally added to it. Some people also add various herbs including ginger, cinnamon, cardamom, lemon grass, or holy basil (Tulsi).

How to prepare and cook: Brewing black tea at higher temperatures releases more antioxidants. Ideally, it should be brewed close to boiling point, at 90 °C. To get the most benefits it should be drank black; milk will dilute the antioxidants amounts.