



SANDY LEAF
farm

make your own

BUBBLE TEA

Instruction Booklet





LET'S GET STARTED

We've been addicted to drinking bubble tea ever since we lived in China, but since we've moved back to the UK it's been a struggle to get hold of the real thing. With this kit making your own delicious bubble tea is simple, using only natural ingredients. With the ingredients in this kit you can make eight large glasses, we recommend making two glasses per batch as per the instructions. This is because the tapioca starch used to make the pearls is easier to work with in a slightly larger quantity.

Bubble tea has two basic components. The first is a tea base, your kit includes loose leaf green and black teas. In our opinion the green tea is best blended with fresh juice and the black tea is best with milk. You can also make a hot version if you prefer, the steps are essentially the same but with no ice.

The second component of bubble tea are the chewy pearls at the bottom. We'll be making these last so they can be added straight into the glass. They're made from real tapioca starch, so you can be sure they only contain natural ingredients and no artificial colours or flavourings. Don't worry, we know this might not be for everyone, so we've included a couple of packs of premade tapioca pearls, just in case you're a little short of time!

CONTENTS

LET'S GET STARTED	3
LET THE FUN BEGIN	4
ABOUT BUBBLE TEA	5
MILK TEA	6
GREEN TEA	8
TAPIOCA PEARLS	10
SUGAR SYRUP	12
HINTS & TIPS	13
NEED SOME HELP?	16



LET THE FUN BEGIN

Make eight delicious glasses of fresh bubble tea, using the finest green and black loose leaf teas



At Sandy Leaf Farm we want making your own amazing food and drinks at home to be easy and enjoyable. We've written this guide book to allow you to make delicious bubble tea as well as to understand a little about the history and different types of bubble tea. Unlike most other bubble tea kits ours only uses the finest natural ingredients and contains no colourings or artificial flavourings.

We hope you enjoy making your infused bubble tea as much as we enjoyed developing the recipes. If you ever need any help we're just a message away via our help center on our website.

Thank you.

Ben and The Sandy Leaf Farm Team



ABOUT BUBBLE TEA

A LITTLE INTRODUCTION

In this little introduction booklet we'll take a brief look over the history of bubble tea and the different types you can find across the world. Bubble tea is growing in popularity in the UK and has become one of the country's most popular refreshing summertime drinks. Hopefully the facts you learn in this little guide will improve your own understanding and maybe even allow you to impress your friends next time you're out having bubble tea together.

THE HISTORY OF BUBBLE TEA

Bubble tea originated in Taiwan in the 1980s. Its invention is widely credited to an enterprising chap called Liu Han-Chieh who in 1983 added chewy tapioca pearls to the bottom of a refreshing glass of milk tea. There are many varieties of bubble tea, with some using fruit bases instead of tea. For us the best remains the unbeatable combination of rich milk tea with chewy black tapioca pearls.

Over the past decade the bubble tea phenomenon has spread across the globe, with shops springing up all over the US, Europe and Australia. Given how addictive bubble tea is, the trend shows no sign of stopping any time soon.



Bubble tea is also known as “boba tea”, they're both equally correct but we'll be sticking with the former to keep things simple. If you have any other questions about bubble tea or making your drinks remember we offer full email support.

Did you know?

The ‘bubble’ in Bubble Tea doesn't actually refer to the tapioca pearls. Instead it refers to the foam that gathers on top of the tea if you shake it over ice. In China it's more accurately called ‘pearl milk tea’.



MILK TEA

This is our take on a classic Hong Kong milk tea. You might like it sweeter or creamier, so feel free to adjust the recipe according to your taste. The quantities in this recipe are for two glasses, so just multiply everything up to make more than two servings. This recipe uses evaporated milk, if you don't have that you can always substitute with full fat milk but it will be a slightly thinner drink. For a hot milk tea just leave out the ice in step 4 and top up with hot water before serving.

YOU WILL NEED (MAKES TWO GLASSES)

- Black tea (1 sachet)
- 600ml (2 1/2 cups) water
- 120g (6tbsp) evaporated milk
- Sugar to taste
- 8-10 ice cubes

EQUIPMENT

- Reusable tea bag
- Saucepan
- Measuring scales and jug
- Glass to drink your bubble tea from (we love using mason jars)

METHOD

1. Add the black tea to the reusable cotton tea bag included in the kit and pull the string to close. You can wash this out after the brewing process is finished, so you can re-use it the next time you make a batch of bubble tea. If making more than two servings add all the tea you need into the same bag.
2. In a saucepan bring 600ml (2 1/2 cups) of water to a gentle simmer.
3. Add the tea bag, stir and simmer very gently for 8 minutes.
4. A few minutes before the tea has finished brewing add 40g (2 tbsp) of evaporated milk to each glass, along with 4-5 ice cubes.
5. Once the tea has finished simmering remove the tea bag and carefully pour the hot tea between your glasses. The hot tea should melt the ice, so you might want to add a bit more ice in before you serve it.

6. Give the tea a stir until everything is combined.
7. Add sugar to taste (we usually go for about 3 teaspoons per glass). You can also add in the remaining 20g (1 tbsp) evaporated milk per glass to thicken it slightly more if needed.
8. Your tea is now ready and can continue to cool while you make your tapioca pearls.





GREEN TEA

For a fruity bubble tea we recommend brewing your green tea in water and then topping up with fruit juice. This is the method used in some of our favourite bubble tea shops. If you want a thicker texture to your bubble tea you can blend fresh fruit or use a 'smoothie' style store-bought juice.

YOU WILL NEED (MAKES TWO GLASSES)

- Green tea (1 sachet)
- 250ml (1 cup) water
- 350ml (1 1/2 cups) fruit juice
- Ice
- Sugar to taste

EQUIPMENT

- Reusable tea bag
- Measuring scales and jug
- Glass to drink your bubble tea from (we love using mason jars)

METHOD

1. Add the green tea to the reusable cotton tea bag included in the kit and pull the string to close. You can wash this out after the brewing process is finished, so you can re-use it the next time you make a batch of bubble tea. If making more than two servings add all the tea you need into the same bag.
2. Add the tea bag to a jug and pour over 250ml of freshly boiled water.
3. Stir and leave to infuse for 8 minutes.
4. A few minutes before the tea has finished brewing half fill your two glasses with ice.
5. Remove the tea bag and carefully pour the hot tea between your glasses. The hot tea should melt the ice, so you might want to add a bit more ice in before you serve it.
6. Top up with fresh juice, add sugar to taste and continue to make your bubbles!





TAPIOCA PEARLS

Making bubble tea from scratch isn't the quickest way to feed your bubble tea addiction, but we promise it's definitely the most rewarding. By making your own pearls you can also be sure that the ingredients are all natural, which isn't ever the case with pre-made tapioca balls. However if you're short of time, we've included a couple of bags of the best quality tapioca to get you on your way.

This recipe will make enough tapioca pearls for two glasses of bubble tea, we don't recommend making less than this amount as it's easier to get the consistency of the dough right with the larger batch. As we don't use any artificial colourings the bubbles will come out a cloudy translucent colour, if you would like darker bubbles just add in food colouring as directed in the instructions.

YOU WILL NEED (MAKES TWO GLASSES)

- 1 sachet starch
- Water
- Ice
- Food colouring (optional)
- Sugar syrup, agave nectar or honey (optional)

METHOD

1. Add one sachet of starch into a small bowl, apart from one heaped teaspoon amount which should be left in the sachet.
2. Carefully add two teaspoons of boiling water into the bowl. Mix this in using your fingers (carefully, it might be a bit hot but it cools down in just a few seconds).
3. Add in two more teaspoons of boiling water a little at a time while mixing in. If you want to use liquid food colouring, add it in instead of the last teaspoon of water. You should be looking for a consistency that crumbles but can be pressed into a soft ball with your fingers. If your mixture needs to be drier, just add a bit of the remaining teaspoon of starch from the sachet. A video for this step is available at www.sandyleaffarm.com/makeyourbubbles.
4. Carefully shape small pieces of starch into pea sized spheres, around 8mm diameter. You should make 50-70 bubbles and they will get larger as they cook.

5. Bring a pan of water to boil in a saucepan.
6. Carefully drop the balls into the boiling water all at once and gently stir to stop them sticking to the bottom of the pan. Cook for 15 minutes.
7. 5 minutes before your bubbles are cooked add a few ice cubes to a bowl of cold water, you will need this to cool the bubbles down once they have finished cooking.
8. Remove the bubbles using a slotted spoon and place immediately into the bowl of ice cold water and leave for 5 minutes. You will see the outside of the bubbles magically become clear!
9. Scoop out your bubbles from the water and place into the bottom of the two glasses. If you would like sweeter bubbles, soak them for 15 minutes in either sugar syrup (see overleaf), agave nectar or honey.
10. Top with ice (or hot water if you want a hot tea) and enjoy your bubble tea!





SUGAR SYRUP

If you find that your bubbles aren't sweet enough, you may want to soak them in a simple sugar syrup before adding to your drinks.

INGREDIENTS

- 1 cup white or brown sugar
- 1/2 cup water

EQUIPMENT

- Saucepan
- Measuring scales and jug

METHOD

1. Place the water in a small pot and bring to a boil.
2. Turn the hob to medium heat and add the sugar.
3. Stir evenly ensuring all sugar is mixed in.
4. When the liquid reaches a boil again, turn off the heat and let the syrup cool down to room temperature.
5. Once cool, pour into a jug. If you have any spare after making your batch of bubble tea, you can keep it in the fridge for several weeks.





HINTS & TIPS

COOK YOUR BUBBLES TO PERFECTION

If you like larger bubbles you will need to boil them for longer than 15 minutes.

GOT A SWEET TOOTH?

If you find that your tapioca pearls aren't sweet enough, you may want to soak them in a simple sugar syrup (recipe included), honey or agave syrup for 15 minutes before adding to your milk tea.

CAN'T FINISH IT ALL AT ONCE?

The milk tea can be stored as it is in the fridge for up to a day. The tapioca pearls can last up to four hours in the fridge when covered with sugar syrup (recipe included), honey or agave syrup.

VEGAN? VEGETARIAN? NO PROBLEM.

To make a vegan version of our milk tea recipe, simply swap out the evaporated milk in the recipe for coconut milk. You could also use soya, almond, oat, rice or hemp milk, but they do tend to be thinner so might give your finished milk tea less body. The tapioca starch used to make the pearls in the kit is vegan and gluten free.

SPICE IT UP

To make a Thai Milk Tea inspired version of the milk tea recipe you can add in two cloves and one star anise per cup into the tea as it brews. You won't get the great orange colour of Thai Milk Tea (that comes from added colouring) but it will taste very similar.

COUNTING THE CALORIES?

You can swap out the sugar in the milk tea recipe for a natural sweetener like agave or maple syrup.

WANT TO MAKE MORE?

If you want to make more bubble tea you can always raid the gluten free section of your local supermarket to get more tapioca starch. Most Asian supermarkets also stock black tea, fat straws and premade bubble tea pearls. We also think earl grey tea works really well if you want to be adventurous.



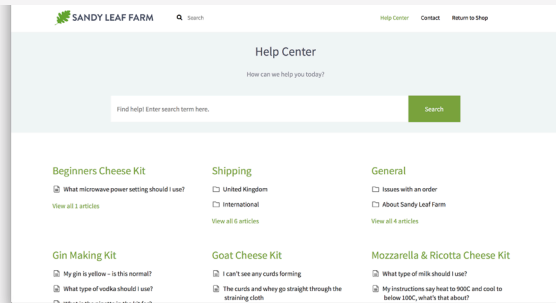


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NEED SOME HELP?



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