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Beginner lessons for Tea Tasting

Unlock the World of Tea Through Tasting!

DEFINITION

> Tea tasting is the process of evaluating the flavors, aromas, and qualities of different teas. It helps enthusiasts appreciate the diversity and nuances of tea.

KEY CONCEPTS

Tea Types

Different types of tea, such as green, black, oolong, and herbal, have unique flavors and characteristics.

Tasting Steps

The basic steps include observing, smelling, sipping, and savoring the tea to fully experience its profile.

Flavor Notes

Identifying flavor notes like floral, fruity, or earthy helps in describing the tea's taste.

Brewing Techniques

Proper brewing techniques, including water temperature and steeping time, significantly affect the tea's flavor.

Tea Accessories

Using the right accessories, such as teapots and infusers, enhances the tasting experience.

EXAMPLES

→ Tasting a Darjeeling tea to note its muscatel flavor.

→ Comparing a green tea's grassy notes with a black tea's malty profile.

→ Using a gaiwan to taste oolong tea for its complex layers.

MEMORY TIPS

★ Remember 'OSS' for the tasting steps: Observe, Smell, Sip.

★ Use 'FLAVOR' to recall flavor notes: Floral, Light, Astringent, Velvety, Oaky, Rich.

★ Think of 'Brew Time' as 'Best Time' for optimal flavor extraction.

COMMON MISTAKES

✗ Not using the right water temperature for different teas.

✗ Oversteeping tea, leading to bitterness.

✗ Failing to cleanse the palate between tastings.

QUICK RECAP

Tea tasting is about exploring different teas through their flavors and aromas. Remember the steps of observing, smelling, and sipping to fully appreciate each tea's unique profile.