

Bubble Milk Tea

(Taiwan)

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Taiwan is a small island country in East Asia, a tropical island with a population of around 23 million. It is famous for its variety of tropical fruit and food.

Bubble Tea originated from Chen Shui Tang Tea Shop in Taichung, Taiwan. A staff member decided to add a famous dessert called Fen Yuan into her cold tea. The Tea was a success and later became known around the world as Bubble Tea or Boba.

Ingredients:

Tea bags (preferably green or black tea)

Water

1 cup milk

Sugar

1/2 cup tapioca

Instructions:

Making the Milk Tea:

Boil 2 cups of water.

Add in tea bag and steep for 2 minutes.

Add milk.

Add sugar, if needed.

Pour tea into cup for serving.

In Another Pot (for “bubbles”):

Boil 2 cups of water.

Add in 1/2 cup tapioca.

Boil 2 1/2 minutes.

Strain the tapioca.

Add to your tea.

Tips: Make sure the water for the tea is not boiling hot, just hot is great. Try some tapioca after 2 1/2 minutes. If it is powdery, steep for another minute. If the tapioca is hard, then boil for 30 seconds - 1 minute more. Make sure the tapioca is chewy to your liking.