



Tea Time: Delicious Recipes, Fascinating Facts, Secrets of Tea Preparation, and More

Francis Amalfi

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Tea is a plant with many beneficial qualities for one's health and spirit. In fact, the long life span of people in China has been associated with the population's regular intake of green tea.

Healthier than coffee and with a positively stimulating or relaxing effect—according to the length of boiling time—the vitamins and flavonoids in this infusion are not only healthy, but also help in fighting free radicals. Tea promotes creativity, harmony, and internal balance.

This heavily illustrated book is the most complete guide to this Oriental treasure, which millions of Westerners also enjoy. In addition to valuable advice about its preparation, the pages include:

- The history of tea and its main varieties
- A complete guide for tea gourmets
- Its curative and rejuvenating properties
- The Japanese tea ceremony, step by step
- The tea oracle: how to read the leaves
- Over 60 recipes, including sangria tea, fajitas with tofu macerated in green tea, and many more!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Frances Norman:

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