

TEEN TAKE & MAKE KIT

BUBBLE TEA

Bubble Tea, also known as pearl milk tea or boba tea, is a drink that was made popular in Taiwan in the 1980s. Bubble tea drinks come in a wide variety of flavors, from traditional tea with milk to tea with juice or fruit smoothies. Drinks can be enjoyed hot or iced. The defining feature of bubble tea is the addition of chewy “pearls” made of tapioca starch. This kit has enough to make 1-2 servings of traditional green or black bubble tea, depending on how many pearls you use. Adding sugar and milk is up to you! If you would like to create more bubble tea, tapioca pearls can be purchased at many Asian markets or online retailers.



NOTE: This kit requires the use of a microwave or stove. Please make sure you have permission from your parent/guardian to use those!

SUPPLIES (INCLUDED):

- 1 reusable wide straw
- 1 package of tapioca pearls
- 2 bags of tea

SUPPLIES (NOT INCLUDED):

- Kettle/saucepan OR large microwave safe mug
- Mug for hot tea; cup for cold tea
- Milk of your choice (optional)
- Ice (optional)

INSTRUCTIONS

BREW YOUR TEA

If you want your finished drink to be cold, make your tea first. If you want your finished drink to be warm, cook your tapioca pearls first and make your tea second.

Stovetop method:

- If you have permission to use the stove, boil water in a kettle or in a saucepan.
- Put one or two teabags in a large mug, depending on how strong you want your tea.
- After the kettle starts whistling or the water is boiling, pour the boiling water into your mugs with the teabag(s).
- Let the tea steep for 2-3 minutes, remove the teabag(s).
- Set tea aside and cook your pearls.

Microwave method:

- Pour water in a mug, leaving a little room at the top.
- Put your mug + water in the microwave, microwave on high for about 3 minutes.
- Take the mug out of the microwave (Careful! it's hot!). Put 1 or 2 teabags into the hot water.
- Let the tea steep for 2-3 minutes, remove the teabags.
- Set tea aside and cook your pearls.

COOK YOUR TAPIOCA PEARLS

Microwave method:

- Tear the package and microwave for about 30 seconds or less depending on your microwave wattage. Look for wattage on the inside of your microwave.
 - 700 watts - 30 seconds
 - 800 watts - 26 seconds
 - 1000 watts - 21 seconds
- Tip: If the texture is hard after microwaving, try heating for another 3 seconds until soft and chewy.

Stovetop method:

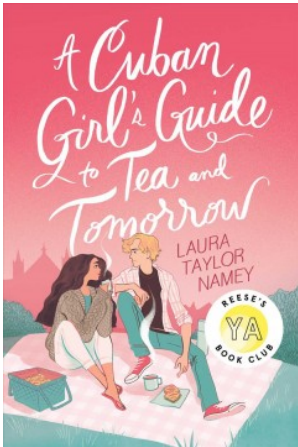
- Put the sealed package in hot boiling water for 3.5 minutes.

ASSEMBLE YOUR DRINK

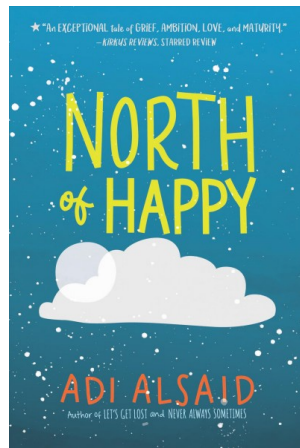
- If you want iced Bubble Tea - allow your tea to cool in the mug before transferring to a cup.
- Pour the tapioca pearls into the bottom of a cup.
- Pour prepared (cool) tea on top of the pearls.
- Add ice and milk if you choose to have either.
- Put in your straw, give everything a stir, and enjoy your tea!

BOOK RECS

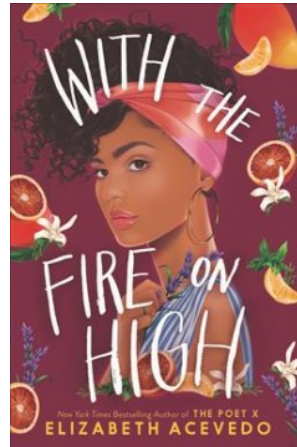
What's better with a cup of tea than a great book? Check out one of these stories perfect for food-lovers.



A Cuban Girl's Guide to Tea and Tomorrow by Laura Taylor Namey



North of Happy by Adi Alsaid



With the Fire on High by Elizabeth Acevedo

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