



## Recipes

### Green Beans with Garlic and Tea

- 1 lbs. fresh green beans, trimmed (from your local farmer)
- 2 cloves of garlic, (from your local farmer) minced
- 2 tbs. Keemun tea leaves, brewed in two cups of spring water

Steam green beans in water. While beans are steaming, sauté minced garlic in one tsp. of canola oil until opaque. Add brewed tea and simmer with garlic for a few minutes. Remove beans from steamer and put in a large bowl. Pour tea marinade over drained beans. Garnish with toasted almond slices, as desired. Serve immediately.

### Braised Chicken

- 4 T black tea leaves (your choice)
- 2 quarts spring water
- fruity olive oil, enough to coat pan for searing
- 4 cloves garlic smashed then finely chopped
- 1 ½ cups thinly sliced yellow onions, about one large onion (from your local farmer)
- ½ cup packed brown sugar
- ½ cup stewed tomatoes or fresh chopped tomatoes (from your local farmer)
- 2 ½ lb. chicken (from your local farmer)
- salt and freshly ground pepper, to taste

#### Directions:

- \* Preheat oven to 325 degrees F.
- \* Prepare tea by brewing it in very cool water (about 170 degrees F.) Then sieve out the leaves and set aside the liquid.
- \* Sauté the garlic and onions in the olive oil until softened.
- \* Add sugar and tomatoes and stir until sugar dissolves.
- \* To braise, place the chicken in a large pan (or Dutch oven) and season with salt and pepper. Cover with the sautéed mixture.
- \* Add the brewed tea then bake, covered, until the chicken is tender, about 1 to 1.5 hours and tests done by thermometer at 164 degrees F