

# Top 6 Asian Drink Recipes

Taiwanese Bubble Tea Recipe and more!



# Taiwanese Bubble Tea

Taiwanese Milk Tea (Bubble Tea) is a famous drink invented in Taichung, Taiwan in the 1980s. It's a tea based drink that's more popular than Starbucks in Taiwan. Typically served with tapioca (boba) pearls, coffee jelly or lychee jelly to add some chewy texture along with the beverage.

## Ingredients

for 2 servings

### Black Tea

- 2 cups water (480 g)
- 6 black tea bags

### Tapioca Pearls and Brown Sugar Syrup

- ½ cup medium black tapioca pearls (50 g)
- 2 cups brown sugar (440 g)
- 1 cup hot water (240 mL)

### Assembly

- ½ cup tapioca pearls (50 g), cooked
- ½ cup ice (30 g)
- brown sugar syrup , to taste
- 1 cup black tea (240 mL), chilled
- ¼ cup milk (60 mL)

### Special Equipment

- 2 wide-opening straws

## Nutritional Info

- Calories 300
- Fat 7g
- Carbs 61g
- Fibre 0g
- Sugar 18g
- Protein 1g

Estimated values based on one serving size.

## Preparation

1. In a medium pot over high heat, combine the water and tea bags. Bring to a boil, then remove the pan from the heat and let the tea cool to room temperature.
2. Bring a medium pot of water to boil over high heat. Once the water is boiling, add the tapioca pearls and boil until softened, about 20 minutes.
3. Drain the pearls through a strainer.
4. Set the strainer with the pearls over a medium bowl. Add the brown sugar to the strainer and pour the hot water over.
5. Stir to dissolve the brown sugar. Soak the pearls in brown sugar syrup for 30 minutes, then store the bubbles and syrup separately until ready to serve.
6. Assemble the tea: Divide the pearls and ice between 2 glasses, then add the brown sugar syrup, tea, and milk.
7. Stir with a wide-opening straw, then serve.
8. Enjoy!



# Thai Iced Tea

Thai Tea (also known as Thai Iced Tea) is a popular iced drink hailing from Thailand, as the name suggests. The deep amber colour of the tea and its milk-tinted upper layer gives this beverage a striking appearance, and the combination of strongly-brewed tea, dairy and sugar make it a perfect in hot weather or with spicy food.

## Ingredients

for 2 servings

### Thai Tea

- 4 cups water (1 L)
- 1 cup thai tea leaves (25 g)

### Simple Syrup

- 2 cups sugar (400 g)
- 1 ½ cups water (360 mL)

### Assembly

- ½ cup ice (35 g)
- simple syrup , to taste
- 1 cup thai tea (240 mL)
- ¼ cup milk(60 mL) or use condense milk if you have a sweet tooth

## Nutritional Info

- Calories 131
- Fat 7g
- Carbs 16g
- Fibre 0g
- Sugar 16g
- Protein 1.9g

Estimated values based on one serving size.

### Preparation

1. In a large pot over high heat, combine the water and Thai tea leaves. Bring the tea to a boil, then immediately pour the tea through a strainer into a heat-proof vessel to remove the tea leaves. Let the tea cool to room temperature.
2. Make the simple syrup: in a small pot over high heat, combine the sugar and water. Bring to a boil and cook, stirring occasionally, until the sugar has dissolved and the syrup is clear.
3. Assemble the tea: divide the ice between 2 glasses, then add simple syrup, tea, and milk (or condensed milk).
4. Stir before serving.
5. Enjoy!



# Vietnamese Coffee

Vietnamese Iced Coffee is an intensely brewed coffee concentrate that drips down into a tall glass of ice and a big spoonful of sweetened condensed milk.

## Ingredients

for 1 serving

- 1 tablespoon ground chicory coffee
- 2 tablespoons sweetened condensed milk
- 1 cup hot water (240 mL)

## Special Equipment

- Vietnamese phin filter base (drip filter)

## Nutritional Info

- Calories 96
- Fat 2g
- Carbs 16g
- Fiber 0g
- Sugar 16g
- Protein 2g

Estimated values based on one serving size.

### Preparation

1. Pour the ground coffee into a Vietnamese phin filter base. Place the phin filter strainer on top of the coffee.
2. Pour the sweetened condensed milk into a glass.
3. Place the phin assembly on top of the glass. Pour hot water into the phin filter. Place the phin filter lid on top and let the coffee drip through the filter into the glass.
4. Stir well before serving.
5. Enjoy!



# Indian Mango Lassi

A lassi is a popular traditional dahi (yogurt)-based drink that originated in India.

Lassis come in all kinds of flavors, some are salty, some are sweet, some have mint, some have fruit. A mango lassi is basically a yogurt based mango milkshake or smoothie.

## Ingredients

for 1 serving

- 1 mango
- 1 tablespoon sugar
- 1 cup milk (240 mL)
- 1 cup plain yogurt (245 g)

## Nutritional Info

- Calories 301
- Fat 8g
- Carbs 36g
- Fiber 0g
- Sugar 36g
- Protein 20g

Estimated values based on one serving size.

### Preparation

1. Cut the mango in half lengthwise, around the pit.
2. Press the mango halves down along the edge of glass to separate the flesh from the skin.
3. Add the mango to a blender, along with the sugar, milk, and yogurt. Blend until smooth.
4. Pour the mango lassi into a glass.
5. Enjoy!



# Japanese Matcha Latte

Matcha is a green tea that is powdered and traditionally used for the Japanese tea ceremony, and it is different from regular green tea leaves. Matcha Latte is a warm milk drink with Matcha green tea powder, milk and sweetener and it has become a very popular way to drink Matcha.

## Ingredients

for 1 serving

- 1 ½ teaspoons matcha powder , plus more for dusting
- 1 tablespoon hot water
- ½ tablespoon agave nectar , optional
- 1 cup milk (240 mL)

## Nutritional Info

- Calories 158
- Fat 4g
- Carbs 20g
- Fiber 0g
- Sugar 18g
- Protein 7g

Estimated values based on one serving size.

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### Preparation

1. Add the matcha to a mug and pour in the hot water and agave.
2. Whisk with a small whisk or a matcha whisk, until tiny bubbles form on the surface.
3. Froth the milk by adding it to a resealable jar. Shake vigorously until many bubbles form. Then, microwave the milk for 45 seconds to 1 minute, which will help create stable bubbles.
4. Pour the milk into the tea.
5. Dust the top with more matcha, if desired.
6. Nutrition, per serving - Calories: 178, Total fat: 5 grams, Sodium: 129 mg, Total carb: 25 grams, Dietary fiber: 0 gram, Sugars: 12 grams, Protein: 9 grams
7. Enjoy!



# Malaysian Teh Tarik

'Teh tarik' is a Malaysian Ceylon milk tea specialty which translates to 'pulled tea'.

The preparation of this delicious 'teh tarik' is fun as it is made by transferring it from one mug into another lifting it as high as possible. The art of preparation of this delightful tea has become so popular that in recent years, a number of competitions were held to find the best participant who could prepare it in the most exciting way.

'Pulling' the tea as high as possible is not the only criteria as creativity and the taste are also taken into consideration.

## Ingredients

for 1 serving

- 3 tsp ceylon tea
- 2 tsp condensed milk (sweetened)
- 250ml water
- salt

## Nutritional Info

- Calories 97
- Fat 1g
- Carbs 19g
- Fibre 0g
- Sugar 19g
- Protein 1g

### Preparation

Ensure that the tea leaves are steeped long enough so that you would be able to savour the tantalizing taste of the tea infused with the sweetness of the condensed milk coupled with its rich aroma as you take each sip.

1. Steep Ceylon tea in hot water for 3 minutes. Pour tea into a large mug. Add condensed milk using a spoon which is placed in salt water. This is to add some saltiness to the tea.
2. 'Pull' the tea by transferring it from one large mug to another. Try not to exceed 5 times or the tea might turn cold. To make the tea frothier, cautiously 'pull' the tea several times as high as possible. Increase the ingredients according to the number of servings. Tea leaves can be steeped for up to 3 times.



### References:

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