

Lady Grey Orange and Mint Tea

This cool, fragrant non alcoholic drink can be sipped with meals. It is both refreshing and thirst quenching.

Lady Grey tea is flavoured with dried, orange and lemon peel and bergamot oil. It makes a superb base for this iced tea.

The orange blossom water used in this recipe can usually be found in the baking section of supermarkets.



Ingredients

Serves 4

For the sugar syrup

- 150g/5oz caster sugar
- 150ml/ 5fl oz water

For the orange blossom tea

- 1.5l / 2½ pints water
- 2 Lady Grey teabags
- 2tsp orange blossom water
- a few sprigs of fresh mint
- 1 orange cut into slices
- Ice cubes to serve

Method

To make the sugar syrup, place the sugar and water in a saucepan and bring to the boil. Reduce the temperature and stir to dissolve the sugar.

Simmer for 3 minutes and take off the heat. Set to one side to cool.

To make the orange blossom tea. Heat the water in a saucepan and add the tea bags. Turn off the heat and remove the teabags after 5 minutes.

Add the orange flower water to the tea and gradually add the sugar syrup to your taste, stirring well as you do so.

Decant the tea into a jug or a bottle and add the fresh mint and sliced orange. Cool the tea in the fridge and serve with ice.