

Ceylon Tea Recipes from Sri Lanka - Guest Post by Linda Villano, SerendipiTea

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With spring upon us & summer around the corner calendars are filling with lots of outdoor parties & gatherings. Try something different this year & delight your friends & family with these delicious Ceylon tea recipes from the Sri Lanka Tea Board! A perfect way to celebrate the 150th year of Ceylon Tea.

Date Ginger & Tea Cake

Ingredients:

1 lb pitted & chopped dates
2 cups strong tea made from 2 tbsps Ceylon black tea leaves
2 cups baking soda
9 oz sugar
1 tsp baking powder
4 eggs
3.5 oz ginger preserve
3.5 oz chopped cashews
2 tsps vanilla extract
10.6 oz margarine (butter can be used if preferred)



Method:

Place dates in a bowl & add the baking soda. Pour in the hot tea & keep covered overnight or 8-10 hours. Cream the margarine (or butter) & sugar, add eggs one at a time & beat. Sift baking powder & flour & fold into the creamed mixture. Add chopped ginger & cashews to the dates & fold into the creamed flour. Add the vanilla & pour into a greased & lined baking pan (12" x 10"). Bake in a pre-heated oven at 350° for 35-40 minutes.

Date Ginger & Tea Cake photo credit: [Sri Lanka Tea Board](#)

Chocolate Tea

Ingredients:

1 quart milk (any milk preference)

½ cup sugar

2 oz bittersweet chocolate, finely chopped (can increase amount to taste)

2 tsp Ceylon black tea leaves

6 cardamom pods, crushed slightly

2 whole cinnamon sticks

4 allspice berries, crushed

1 tsp vanilla extract

Garnish: 4 cinnamon sticks

Method:

Place all ingredients in a sauce pan & simmer until chocolate is fully dissolved. Cook over low heat for 5 minutes then strain. Put in freezer for 10 minutes. Chill 4 tall glasses. Break up the slightly frozen mixture & process in a blender until slushy.

Pour into the chilled glasses & serve garnished with 1 whole cinnamon stick per glass.



Chocolate Tea photo credit: [Sri Lanka Tea Board](#)

Iced Tea Lemonade

Ingredients:

1 Quart Water

6 tbsps Ceylon black tea leaves

3 cups cold water

$\frac{3}{4}$ cups sugar made into a syrup with $\frac{3}{4}$ cup water (dissolve the sugar in a saucepan of the heated water)

1 cup fresh lemon juice

Method:

Bring the quart of water to a boil, remove from heat & add tea leaves. Steep 3-5 minutes. Stir & strain into a container, add the cold water & the cooled sugar syrup. Pour in the lemon juice & mix well. Serve in tall glasses over ice cubes.

For Shaken Iced Tea Lemonade after mixing well pour cup quantity batches into a cocktail shaker filled with $\frac{1}{3}$ ice. Shake Shake Shake then pour into chilled glasses.



Iced Tea Lemonade photo credit: www.theluxurysrilanka.com

~ Linda Villano, [SerendipiTea](#)