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# The Way Of Tea: The Sublime Art Of Oriental Tea Drinking



## Synopsis

The Way of Tea is a journey back in time to the origins of tea cultivation and Oriental tea ceremonies. It is also a book of advice, describing how to get full pleasure and benefit from tea today. The ways in which we store tealeaves, then prepare and serve this exquisite brew, influence tea's properties and affect its taste and aroma. Master Lam Km Chuen and his wife Kai Sin offer expert guidance on the essentials of the tea serving art. Separate chapters are devoted to . . . The Tea Story; the origins of tea cultivation in China, and the spread of tea drinking and tea ceremonies from Asia to Europe, then later to America . . . Cultivating Tea; the many varieties, which fall into general categories of green (non-fermented), oolong (semi-fermented), black/red (fermented), and white teas . . . Preparing and Serving Tea; the importance of correct storage and water purity, and methods of preparation and serving . . . Healing Teas; discussion of health benefits of teas, supplemented with approximately 20 recipes that incorporate ginger, lychee, ginseng, dry orange peel, and other healthful ingredients. Modern science has come to recognize many health properties in tea; qualities that tea connoisseurs have known about for centuries. Full-color photos throughout.

## Book Information

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## Customer Reviews

The Way of Tea is a very nice primer about, as it states, "the sublime art of oriental tea drinking". One aspect that differentiates this book from many other books about tea, is that it is written from the Chinese viewpoint. Other books I've read mention China's role in tea history, but are not actually

written from the Chinese viewpoint. This book fills that gap nicely. It is written in a simple and straightforward format, covering an amazing amount of information in comparably few words. It seems to be written with the purpose of the westerner gaining understanding. I borrowed this book to read, and was so delighted with it, that I decided to purchase it, as it is not only interesting but makes a handy reference for several tea topics. This book now has a spot on my cookbook shelf. Master Lam gives a brief history of tea and tea drinking customs in China, and also a bit about the spread of tea outside China. He writes about tea varieties, picking and processing. Master Lam details each type of tea, names some special teas from each category, and includes a few pictures of brews and leaves. He gives advice about selecting your teapots and storing tea. I found the advice for selecting teapots to be particularly useful. It helped me to eliminate poor quality pots from consideration. That alone was worth more than the price of the book. You learn such things as how to judge your water and make/serve tea. There is a full section devoted to step by step instruction on the Kung Fu (gongfu) tea ceremony - well presented in detail with pictures of each step. There is also a chapter about healing teas with simple recipes included. For example, teas to help with high blood pressure, common cold, etc.

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