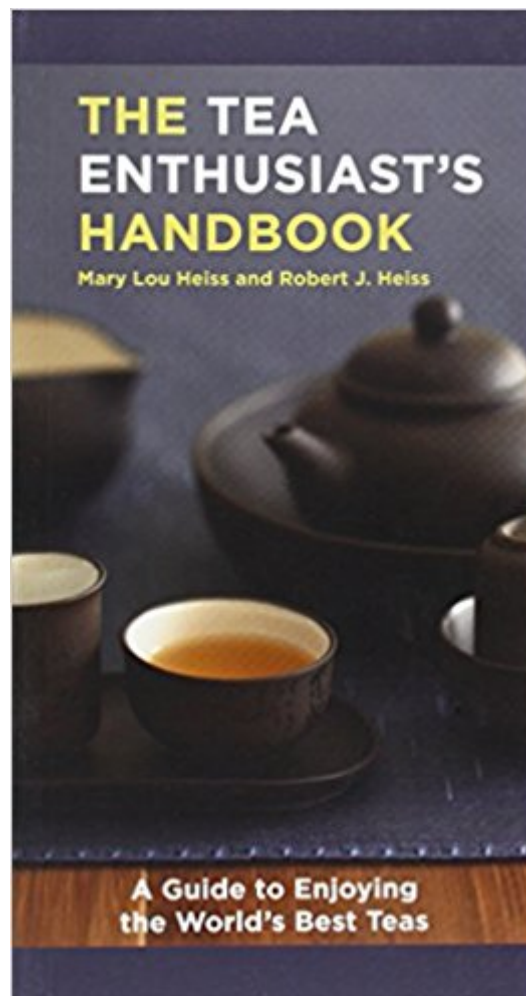




**Ebook Directory**  
the best source of ebook

The book was found

# The Tea Enthusiast's Handbook: A Guide To Enjoying The World's Best Teas



## Synopsis

**AROUND THE WORLD IN A TEACUP** Did you know that tea is the most widely consumed beverage on the planet after water? Or that all of the world's tea originates from only three varieties of a single plant? While a cup of tea may be a simple pleasure for most of us, there are a dizzying number of tastes from which to choose. And every tea, whether a delicately sweet green tea from Japan or a bracing, brisk Darjeeling black, tells a story in the cup about the land that nurtured it and the tea-making skills that transformed it. In this authoritative guide, veteran tea professionals Mary Lou and Robert J. Heiss provide decades of expertise on understanding tea and its origins, the many ways to buy tea, and how to explore and enjoy the six classes of tea (green, yellow, white, oolong, black, and Pu-erh). Additional advice on steeping the perfect cup and storing tea at home, alongside a gallery of more than thirty-five individual teas with tasting notes and descriptions make *The Tea Enthusiast's Handbook* a singular source of both practical information and rich detail about this fascinating beverage.

## Book Information

Paperback: 208 pages

Publisher: Ten Speed Press; 1 edition (March 30, 2010)

Language: English

ISBN-10: 158008804X

ISBN-13: 978-1580088046

Product Dimensions: 4.5 x 0.6 x 8.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 60 customer reviews

Best Sellers Rank: #123,643 in Books (See Top 100 in Books) #52 in Books > Cookbooks, Food & Wine > Beverages & Wine > Coffee & Tea #170 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > History

## Customer Reviews

Making the perfect cuppa is not as easy as it may sound. How hot should the water be? How long should the tea steep? What kind of tea should be used in the first place? All pertinent tea-making questions are answered in knowledgeable, buoyant prose in this handy guide. The authors take readers along as they "explore the world of premium tea"; premium tea, once unknown in the West, is now very popular in the U.S. "Tea, by the way, is "the most widely consumed beverage on the planet after water" and "still

proudly maintains its title as the world's oldest beverage. Guidance is extended to purchasing and steeping tea, but the in-depth discussions of the properties and particular pleasures of the six classes of tea dominate most of the book's pleasurable pages. Information on tea storage and a glossary round out this excellent introduction to a special world. --Brad Hooper

Empty "a map to have in your grasp as you head down the dozens of intricate, interconnected paths that define the landscape of the world's best teas." • Fresh Cup magazine, December 2010 "Excellent, concise advice about tea. The Tea Enthusiast's Handbook, a charming guide small enough to fit in a large pocket, brims with enthusiasm. ...The information is essential to appreciation; almost every word bears on taste. The Heisses write with impressive accuracy, having researched and lived the subject extensively.... All tea styles...are given equal attention and value, which is rarely the case in tea literature. ...All is laid out with succinct clarity and precision." • Kevin Gascoyne, The Art of Eating, 7/1/10 "This book is like a mini encyclopedia dedicated to all things *Camellia sinensis*." • Imbibe Magazine, March 2010 "The Heisses have written a valuable guide." • Library Journal, 3/15/10 "All pertinent tea-making questions are answered in knowledgeable, buoyant prose in this handy guide." • Booklist, 2/15/10 "Rich detail on how to buy, brew, and enjoy the six classes of tea. Questions...are answered with unparalleled passion." • Tea A Magazine, February 2010 "This delightful, pocket-sized edition offers virtually everything one needs to know about selecting, brewing and enjoying the most consumed (after water) beverage on earth." • Gourmet Retailer

This book starts with useful tips for making a perfect cup of tea including brewing times (avoid tap water and 'the tea ball'). The authors suggest that those on a 'tea journey' take notes including tea name, class, country, exact trade, where purchased, similar teas, and what you like or don't like about a variety. The body of the book is in the description of the 6 classes of tea green (like Genmaicha with toasted Brown rice) or Longjin (one of 'China's Ten Famous Teas'), yellow tea, white tea, Oolong and Black tea ('Especially delicious are Yunna Black Tea'). Each section includes selected varieties picturing both dry tea and color of a brewed cup. For each variety is a description of the leaf plucking and production methods, and tips for purchasing. A map is included with each tea class, showing the main producing areas, and I plan to take this a step further, by highlighting on a map when I buy new teas. The glossary is particularly useful, but it didn't include such basic things as defining 'Orange Pekoe'. This book will work nicely with your favorite tea vendors (like

Upton's or Elmwood Inn) to guide your selections.

I'm working in a very high-end tea shop (NOT Teavana, Adagio, or David's), and this book is required reading BEFORE we start our education program. It is incredibly informative for the beginners, and even those of us who had some tea knowledge walking in to our current employment. I recommend this for people wanting to know more about this wonderful beverage!

I purchased this book after the "Tea Sommelier" left me empty. This is a small book (8.5" x 4.5" and 3/4" thick), but it contains soooooo much good information. I thought I knew a great deal about the different types of teas, cultivation, harvesting, processing, ratings, flavors, grades, etc., but this little book has provided even more information. There is a good bit of info on Korean teas too (not many books offer much info on Korean teas). There are 200 pages. The introduction starts on page one. The Index covers pages 196-200. There is a Glossary on pages 182-191. A list of tea shops/stores/rooms, both mortar-and-brick and online, on pages 192-194 (3-4 businesses each page). Each tea described has a photo of the dry leaf and a top shot of a cup of the liquor. Each of the six tea types (Green, Yellow, White, Black, Oolong, and Pu'erh), has its own color coded tab on edge of pages for easy reference. This book provides sections on how/where to purchase teas (and rates each); a section describes how to brew the perfect cup of each; and how to properly store teas. This is great for beginners because it not only describes the best ways to do each of the above, but WHY it is important to do things a certain way. I purchased this book used, so it made the purchase an exceptional deal on a great tool.

Very good book. Informative, concise, and not full of advertisements or preachy. I liked the way the information was divided up and presented. It give a good idea of some of the more distinctive teas out there and a bit about each class of tea, it's history, brewing methods, and what to look for when buying.

A really excellent guide to the world's best teas. This book covers each of the six classes of tea (white, green, yellow, oolong, black and puerh). It discusses how each kind of tea is made and different regions where each kind is grown. It also contains brewing instructions for each type of tea. The part of the book that I like the best is the description of several examples of each type of tea.

By no means is this book comprehensive. It cannot teach you everything you need to know about

every tea. However, it is an excellent handbook that puts a wealth of tea knowledge in to a very small package. This book is written to a level that draws the line between beginner and professional. It is a good starting place for someone new to tea and it can be a nice brushing up guide for those of us who have been into tea for years. This book is about PREMIUM tea and therefore takes on a note of snobbery. Do not be perturbed. Most great things in life, even the things we take for granted (eg. reading!) is a form of snobbery somewhere in the world - among those who are uninformed. This book helps break that barrier offering you, the beginner, an enjoyable chance to be the informed. Tea is a simple yet extremely complex world and this book offers a good chunk of it in a readable manner with a pleasing format and beautiful photography [important because it parallels the aesthetics of tea drinking]. The professional has something to gain from this book as well, it details tasting (refining your own technique) and brings new information about tea regions. It also puts information in a concise manner that will help you recall all those dusty facts you used to know so well. I liked this book so much I bought two copies. Enough said.

So much info! I love how Mary Lou and Bob share their incredible knowledge while still providing great stories.

A very helpful little reference guide. If/ you only buy one book on tea, buy this one.

[Download to continue reading...](#)

The Tea Enthusiast's Handbook: A Guide to Enjoying the World's Best Teas  
Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea)  
ATI TEAS Test Study Guide 2017: ATI TEAS Study Manual with ATI TEAS Practice Tests for the ATI TEAS 6  
ATI TEAS 6 Study Guide: TEAS Review Manual and Practice Test Prep Questions for the ATI TEAS Version 6 (Sixth Edition)  
Taking Tea with Alice: Looking-Glass Tea Parties and Fanciful Victorian Teas  
The Art and Craft of Tea: An Enthusiast's Guide to Selecting, Brewing, and Serving Exquisite Tea  
Healing Teas: A Practical Guide to the Medicinal Teas of the World -- from Chamomile to Garlic, from Essiac to Kombucha  
Tea at Downton - Afternoon Tea Recipes From The Unofficial Guide to Downton Abbey (Downton Abbey Tea Books)  
ATI TEAS Secrets Study Guide: TEAS 6 Complete Study Manual, Full-Length Practice Tests, Review Video Tutorials for the Test of Essential Academic Skills, Sixth Edition  
ATI TEAS Study Manual: TEAS 6 Study Guide & Practice Test Questions for the Test of Essential Academic Skills (Sixth Edition)  
ATI TEAS Study Guide Version 6: TEAS 6 Test Prep and Practice Test Questions for the Test of Essential Academic Skills,

Sixth Edition Ace the TEAS Test: Study Guide and Practice Tests for the TEAS V (Version 5) Exam  
Afternoon Tea: Afternoon Tea: Inspiration and How to Host the Perfect Afternoon Tea Party at Your Home (Worlds Most Loved Drinks Book 4) TEA: Ceylon Tea: BAREFOOT IN SRI LANKA: An enchanting pictorial of 'tea island' Tea Time in Sri Lanka: Photos from the Dambattenne Tea Garden, Lipton's Seat and a Ceylon Tea Factory The Tea Bowls of Japanese Grand Tea Masters Rikyu Oribe Ensyu Japanese pottery and tea ceremony (Japanese Edition) Healing Herbal Teas: Learn to Blend 101 Specially Formulated Teas for Stress Management, Common Ailments, Seasonal Health, and Immune Support McGraw-Hill Education 5 TEAS Practice Tests, Third Edition (Mcgraw Hill's 5 Teas Practice Tests) ATI TEAS Practice Tests Version 6: 350+ Test Prep Questions for the TEAS VI Exam Homegrown Tea: An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)