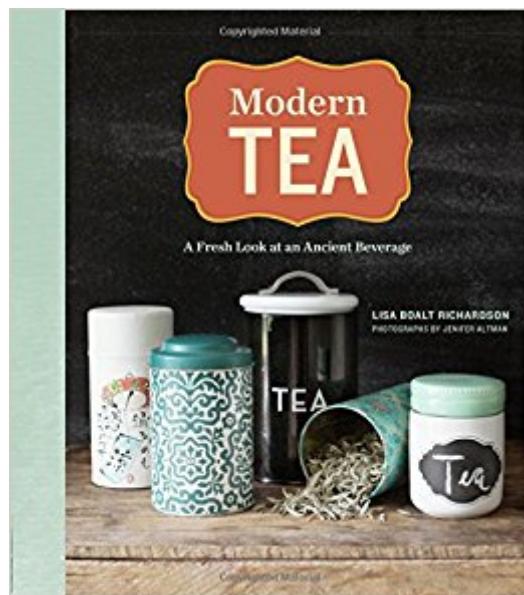


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# Modern Tea: A Fresh Look At An Ancient Beverage



## Synopsis

It's a beverage, a commodity, a ceremony, a meal, a spiritual encounter, a connector of people, a drink of peace, a pick-me-up, a comforter, and a way of life for many. As tea continues to rise in popularity, this comprehensive guide explores the celebrated beverage through the eyes of a certified tea specialist. From its sometimes murky origins to today's wide range of tea ceremonies, Lisa Boalt Richardson delves into the world of tea to create a fresh and accessible package for tea rookies and gurus alike. With tips for shopping, storing, steeping, and tasting, plus advice for using tea in pairings, cooking, cocktails, and home health remedies, this fascinating read is everyone's cup of tea.

## Book Information

Hardcover: 164 pages

Publisher: Chronicle Books (October 14, 2014)

Language: English

ISBN-10: 1452112290

ISBN-13: 978-1452112299

Product Dimensions: 7.5 x 0.8 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #605,917 in Books (See Top 100 in Books) #135 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #238 in Books > Cookbooks, Food & Wine > Beverages & Wine > Coffee & Tea #372 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments

## Customer Reviews

"Lisa Boalt Richardson's *Modern Tea* is a wonderful guide for both the tea novice and the tea aficionado. And when it comes to the deep science behind tea and health, one finds a discussion that is accurate but easy for all to understand. For learning how to make the perfect cup, enjoy its varying and delicious nuances, and pair it with favorite foods, *Modern Tea* is an authoritative resource." - Jeffrey Blumberg, PhD, Tufts University, + Chair of the International Tea and Health Symposium

Lisa Boalt Richardson is a certified tea specialist and author. She lives in Georgia. Jenifer Altman is a New York City-based photojournalist.

An excellent comprehensive study of tea for the contemporary reader.

Great book for the size and value! Lots of pictures, accurate information and good ideas. I highly recommend it to others that appreciate quality tea.

Nice book on tea culture.

Excellent.

This post is Chris Tinker but is written by his wife, Bonnie Tinker. I received "Modern Tea" as a gift from the author, who is a dear friend. I have learned so much about tea from Lisa over the years. I was excited when she mentioned that her most recent book was in the works. Over the years, we have learned various things about tea from Lisa, but, I was eager to read her book to learn more. I knew she had been visiting various tea estates over the past several years. I am completely impressed by "Modern Tea" and I plan to order it and give it as gifts to family and friends! I would encourage anyone who has an interest in tea to order this extremely well-written book. I realize that, for a lot of us, the subject of "tea" is a daunting one because we do not possess the familiarity we might desire with tea's variations, history, processes, etc. This book answered literally every question I had about tea! The book is extraordinary! Not only is it superbly written (with excellent photographs as accents), but, it covers so much that it not only is a phenomenal read, but, it also is an excellent resource book to turn to time and again, and it would be excellent course material in a college classroom! It covers the history of tea among the various regions in the world, the various types of tea and the processes that bring each of them to your tea cup, the art of sipping and pairing tea, and various ways in which tea can be incorporated into your everyday life and savored much like wine can be. It also dispels some tea myths along the way. On p. 19, the author states, "Just as with fine wine, fine tea has a specific flavor profile that varies from year to year. And again like wine, it is known for its terroir, a term perhaps most used when discussing wine but also relevant to tea cultivation." Not only does the author spend time acclimating the reader with the tea process, regions, and terminology, but, she also provides a very rare insight into the world of tea estates. This insight only can be provided via personal experience! That is, perhaps, the best part of this fabulous book! It is truly remarkable to read as the author paints a picture of great tea estates around the world and her visits to them! In your mind's eye, you as the reader are transplanted to

those beautiful places! In reading this book, you will learn how to shop for tea, how to store it, and how to sip it with friends. You will learn the difference between "high tea" and "low tea" and you will learn some very interesting facts about how tea became the drink of choice in Britain. You also will obtain some valuable resources for tea-sipping going forward. Notably, on p. 64, the author includes some quick tips for steeping tea, which is very helpful. She also includes a useful index so that the reader may quickly reference specific topics. As aforementioned, this book is an excellent resource on all aspects of modern tea. It truly is exceptional. In summary, I guess I would say that "Modern Tea" is the perfect brew.

This highly anticipated third book authored by Lisa Boalt Richardson is just as exquisite as her other books (Tea with a Twist and The World in Your Teacup). High quality, hard cover, great layout and beautifully illustrated; Modern Tea is an impressive guide to exploring tea's history, essential terms and definitions, and focuses on a deeper appreciation of tea in many ways. An essential book for anyone who enjoys tea for pleasure or for business.

I love this book! This is the 3rd book of Lisa's that I have reviewed and this one is by far the very best! My thoughts while first reading this were, "Finally, an updated tea book." The book's title really does sum it up, "Modern Tea A Fresh Look at an Ancient Beverage". There are so many areas I loved in this book, I don't really know where to start. From beginning to end it is packed with truly relevant information. Chapter One is What is Tea? Could possibly be my favorite chapter. Lisa has visited many Tea Estates around the world and her descriptions of the different types of tea and the process to get to those types were very interesting. I felt I was right there with her making Tung Ting Oolong. The chapter literally made me happy, I know, sounds silly. The rest of the book is filled with great information too. Tea Ceremonies and Rituals from around the world, fascinating. Beyond the Cup; looking for a Tea Cocktail? It's there. The Buzz about Tea; great info on health, sustainability, even coffee! I could go on and on. This is your new, FRESH, go to book on tea. Whether you are new to tea or have been around the "bush" awhile, this book will appeal to you and hopefully make you happy too. The photos are also beautiful. Wonderful work by Jenifer Altman Teas by Tami

This book is an easy and quick read, full of excellent information provided by someone steeped in the world of tea. I especially enjoy her personal anecdotes provided throughout the book. She provides enough detail to entice a reader new to the world of tea to want to learn more, but not so much as to bore someone already familiar with the topic. The information is current and arranged

into clear chapters. Highly recommended!

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