



Himalayas Tea

CUISINE

**A MODERN APPROACH TO:
BLENDING, BAKERY & DISHES**

Maryam Sabouhi

CONTENTS

Maryam Says

Introduction

TEA CATEGORIES

.Herbal

.Rooibos

.Fruit

.White

.Yellow

.Green

.Oolong

.Black

LEMON GRASS (Strongly recommended Herb in your every day diet)

HOW TO BREW YOUR TEA

SOME GUIDELINES FOR USING TEA IN :

. Cooking

. Baking

. Drinking

How to Store your Tea

TEA COURSES

Main Courses

. Vegetable

. Cakes

. Scones

. Beverage

. None Alcoholic Tea Cocktail

MARYAM SAYS:

I am Maryam; Maryam Sabouhi. I am from a tea business family with over 60 years of history that was originally started from family owned farms growing herbs. I am a creative and an entrepreneur person, passionate about loose leaf tea.

I was born in Maragheh, then a small town but having one the most beautiful land escapes in the region for the surrounding farms almost all of them producing many kinds of fruit: Grapes, Apples, Pears, Peaches, Cherries, Berries, Melon, Water melon, Cucumbers and Vegetable of all kinds. The excess of products has led Maragheh have the greatest share in the exportation of fruit, dried fruit as well as nuts to the European countries through the capital city of Azerbaijan region, Tabriz. Tabriz has always had her importance, for being et route Silk Road; an ancient- well known trade road from China to Europe. She was the storage for all products of the region, which those days began from Alvand Mountains in the South and Kafkaz mountains in the North.