

# Cuppa Hope Refugee Storyteller Tea Recipes

UK for UNHCR's Cuppa Hope campaign brings together the nation's love of a cosy cuppa and a chat, with tea rituals that refugees have brought with them to the UK.

These tea recipes are from the Refugee Storytellers involved in Cuppa Hope, so you can recreate their favourite teas at home!

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## HESSAM'S GREEN TEA WITH MINT, CARDAMOM AND SAFFRON

1. Add green tea, mint leaves, crushed cardamom and a pinch of saffron threads to a teapot. We always like to make it in a teapot, and never in a single cup, as this tea is meant to be shared and enjoyed amongst family and friends.
  2. Then, fill the teapot with boiling water and let it steep to taste.
  3. Ensure tea is warm and serve!
  4. After every 5 cups, empty the teapot, clean it and start everything from scratch. Perfect for listening to endless stories with loved ones and alongside some delicious Maamoul, which are fragrant semolina cookies filled with dates, walnuts or pistachios.
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## MOUHYEDIN'S BLACK TEA WITH CINNAMON

1. Add black tea leaves to your favourite teapot with boiling water and steep to taste.
  2. Next, add a handful of cinnamon sticks to the pot and let the brew infuse with the natural sweetness.
  3. Once ready, pour and serve, making sure to top up with a splash of milk if you fancy (I do!).
  4. To balance the sweetness of the tea, enjoy alongside some delightfully nutty Barazek biscuits (traditional pistachio and sesame cookies from Syria).
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## YANA'S FRUIT TEA WITH MELISSA HONEY AND LEMON

1. Add your favourite fruit tea, Melissa honey and a couple slices of fresh lemon to a teapot. Melissa honey is a favourite of mine - it's a delicious, natural raw honey from Greece that provides a warming aromatic flavour!
2. Then, fill the teapot with boiling water and lightly steep.
3. Make sure to pour the tea into cups and serve quickly before the tea becomes too strong.

## WILLIAM'S GINGER TEA WITH CRUSHED CARDAMOM

1. Boil 1 cup of water with freshly chopped ginger, a lightly crushed green cardamom pod, and sugar to taste (I like 4 teaspoons!). Adding fresh ginger and cardamom to the tea helps to enhance the natural flavours and aromas. Quick tip is to make sure to finely chop the ginger to help release its spicy notes and crush the cardamom to allow its fragrant seeds to infuse properly.
  2. Next, add 2 teaspoons of black tea leaves to your pot and stir well, until you get the strength you desire.
  3. Then, add in 1 cup of skimmed / toned milk, removing from heat as soon as the tea starts to boil.
  4. Strain your tea into enough cups to share and enjoy a comforting and invigorating cup of ginger tea that's perfect for any time of day. For a cosy afternoon, why not grab some delicious Bangladeshi biscuits to enjoy alongside!
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## TANIA'S GINGER TEA WITH LEMON AND HONEY

1. Chop your fresh ginger, roughly 1 teaspoon of slices for every cup you want to serve.
  2. Heat your water to 90 degrees Celsius. I find this to be the optimal temperature to extract the flavours without any bitterness.
  3. Gently pre-warm your teapot with a splash of the hot water, before adding the freshly chopped ginger slices. I always like to use a transparent teapot for this as I love to watch the brewing process happen in front of my eyes; it adds an element of tranquillity to the process.
  4. Allow the tea to steep for 5-7 minutes, or until strength desired.
  5. Right before serving, add a handful of lemon slices and a good dollop of honey, then stir and serve! On a warm day, this can also be enjoyed over ice, enhanced with a sprig of mint or a slice of cucumber for extra freshness.
  6. And make sure you have plenty of snacks to hand! I enjoy a variety of treats alongside my tea, like prunes, chocolates, nuts and jams. I also have a particular soft spot for scones, with jam and clotted cream. I find these so complementary to a herbal tea, providing a delightful contrast and really enhancing the experience.
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## TEEM'S BLACK VANILLA TEA WITH MILK AND CARDAMOM

1. In one pan (or teapot), add your tea leaves, crushed green cardamom and sugar (to taste) to boiling water. The particular tea leaves we use for this are hugely popular traditional black loose tea with a vanilla flavour. Adding cardamom is a personal touch to make it extra special!
2. Allow your tea to simmer in the pan (or brew in the pot) for a few minutes until the strength desired.
3. In another pan, add water and milk powder. Whisk until fully combined.
4. Combine both mixtures, strain if necessary and serve.
5. Enjoy at any time of day with your favourite snacks!