

Fresh Mint And Fennel Frond Tea

This tea recipe is from olivesfordinner.com

Ingredients:

10-12 mint leaves, cut chiffonade (thinly sliced)

handful of freshly cut fennel fronds and/or fennel pieces

4 cups very hot water

Directions:

1. Combine all ingredients into a small saucepan or stump teapot. Steep for 20 minutes. The herbs can be reused several times for fresh tea throughout the day.

Note: Using these ingredients to make fresh tea is a great way to use up these delicate yet potent leftover ingredients, and a healthful way to enjoy their clean and crisp flavors.

When making fresh tea, use very hot (but not boiling) water—it can break down and destroy the herb's beneficial oils and unique medicinal properties. Yields a beautiful pale green color and the flavors complimented each other perfectly.



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