

Saffron Tea

When you arrive at any Persian home, you are usually greeted with freshly brewed tea. Saffron tea is served for special occasions. Delicious, aromatic and invigorating, it's a perfect accompaniment to a Persian feast.

-  15 minutes
-  Difficulty level: 1/5
-  4 people
-  Vegan friendly



Ingredients

- 2 tsp. loose black tea or
- 4 black tea bags
- 10-12 threads of saffron (substitute: 2 tsp. saffron powder)
- 4 cups water

Method

1. Bring the water to a boil in a kettle. Meanwhile, place the tea and saffron threads (whole or ground with mortar and pestle) into a teapot or divide these into individual cups. Once the water has boiled, brew the tea and saffron, leaving it to brew for 8-10 minutes before serving.

TIP: You can use any black tea, for example english tea, earl grey tea or ceylon tea.

If using saffron powder, it is recommended to bloom the saffron first by placing the saffron powder over 1-2 ice cubes until the ice has melted. Then add the liquid to the tea.

You can add lemon or sweeteners to the tea if you wish.