

FLAVORS

365

Tea

Enjoying tea can have many health benefits, whether it's enjoyed as a hot or cold beverage or ingredient in foods. Natural substances found in teas, called polyphenols, are powerful antioxidants that may help reduce the risk of certain chronic diseases such as heart disease, diabetes, and cancer. Explore our tea specials on the menu!

Earl Grey Tea Cocktail

4 servings

vegetarian

OHIO STATE better for you



Ingredients

6 ounces Earl Grey Tea
2 sprigs Lavender
1 ¼ ounces Honey Simple Syrup
¼ ounce Lemon Juice (fresh-squeezed)
1 ¼ ounces Gin (good quality)

Directions

- Brew 4 cups Earl Grey tea. This will give you enough to make a few cocktails. Store in the refrigerator to keep cold.
- Make a batch of honey simple syrup to store in the fridge as well. 5 cups water, 1 cup honey.
- Bring to a simmer until honey has dissolved.
- Then cool in the fridge.
- Add all of the above ingredients into a cocktail shaker, with 2 sprigs lavender and ice.
- Shake several times. Then strain the cocktail into a glass over one large ice cube.
- Garnish with lavender

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Herb Tea Beef Steak
12 servings


vegetarian  better for you 

Ingredients _____

- 4 lb 8 Oz Beef, Tenderloin
- 2 tsp Seasoning Tea Earl Grey

Directions _____



- *WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
- 2. Slice beef in to 6oz portions
- Then season steak with Tea Seasoning. Place steak on grill and cook until- 145F Cook to internal temp & hold for 4 minutes. Then let steak rest.
- 3. Slice steak on the bias and fan on plate.



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Earl Grey Tea Rub
For steak

vegetarian OHSC better for you U

Directions

- ***WASH HANDS** before beginning preparation & **SANITIZE** surfaces & equipment.
- 2. In a food processor or blender, blend in the tea leaves, peppercorns, tarragon, salt, and thyme until finely ground. Pour the spice mix into a bowl, add the oil, and stir to make a paste.
- 3. Use the paste to brush on the meat or toss with vegetable. After adding past to the product let rest for 30 min.

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Whipped Coconut Tea Potatoes

vegetarian better for you

Directions

1. 1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. WASH ALL PRODUCE under cool water and drain.
2. 2. In a small sauce pan steep coconut milk and the green tea for 10 min. Then discard tea bags and reserve coconut milk. In a large saucepan cook Sweet Potatoes in salted Water over medium-high heat for about 20 minutes, or until done. Drain, and add remaining Ingredients. Whip potatoes in a mixer until smooth. Then add the spices and liquid on low speed just to incorporate the ingredients. Cook to internal temp 145F & hold for 15 sec.
3. **Portion out 1/2c serving**

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Cranberry Oatmeal Cookies
OSG
12 servings

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Ingredients

1 lb 1 Oz Bananas, Fresh
Medium, Fresh
1/2 Cup Applesauce, Cnd
JcPk
2.0 Cup Oats
1/2 Cup Cranberries, Dried
Swtn
1/2 tsp Spice, Cinnamon, Grd
2/3 Cup Nuts, Almonds
Sliced
3.5 Oz Milk, Almond

Directions

- WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. In bowl mash the Bananas and then add the remaining Ingredients
- Portion out 1.5 oz. Cookies onto a greased cookie sheet and bake. Served two cookies to order
- 3. Cook Time: 10-15 min

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Sliced
3.5 Oz Milk, Almond

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- WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. In bowl mash the Bananas and then add the remaining Ingredients
- Portion out 1.5 oz. Cookies onto a greased cookie sheet and bake. Served two cookies to order
- 3. Cook Time: 10-15 min