

5 incredibly simple yet delicious ways to make lychee tea at home.

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Have you ever wondered about that juicy, exotic berry called lychee? This amazing tropical fruit, native to China, has tantalized our taste buds for centuries. With its rough, red skin and sweet, translucent flesh, lychee is not only a delicacy but also a rich source of nutrients. Packed with vitamin C, antioxidants, and fiber, it offers numerous health benefits. But lychee is worth more than you think. From its historical significance to its unique growing conditions, lychee has a fascinating story. It's not just a fruit; it's a symbol of happiness and prosperity!

Besides eating them fresh, you can also process fresh lychees into refreshing and sweet summer teas. Making lychee tea is quite simple. This article will guide you on how to make lychee rose tea, lychee tea with sugar, lychee and lemongrass tea, etc., at home easily. Please refer to the instructions.

How to make lychees preserved in sugar

Ingredient

1. 1 kg of fresh lychees
2. 400 grams of sugar
3. 1/4 teaspoon salt
4. 500 ml water

Making

Step 1: Cook the sugar syrup.

Pour 500ml of water into a pot and bring to a boil. Once the water boils, add 400g of sugar and 1/4 teaspoon of salt, and stir until dissolved. Then turn off the heat and let the sugar syrup cool.

Step 2: Briefly blanch the fabric.

Remove the stems from the lychees and wash them thoroughly. Bring a pot of water to a boil, then blanch the lychees for 2 minutes. Remove the lychees and place them in a bowl of ice water, soaking them for about 10 minutes.

Step 3: Remove the lychees from the water and peel them. Use a sharp knife to carefully cut around the stem end of the lychee, or you can use a straw from a bubble tea drink to poke into the seed and carefully remove the seed without crushing the fruit. Alternatively, you can simply use a knife to split the lychee in half and remove the seed.



Step 4: After removing the pulp from the lychees, soak them in a bowl of ice water for about 10 minutes. Then, remove them and let them drain.

Step 5: Take a clean glass jar, put the lychee pulp inside, and pour in the cooled sugar syrup until the lychee is completely submerged. Close the lid and store in the refrigerator. After about 2 days, you can take it out and use it.



How to make lychee tea easily

Ingredient

1. 5-7 lychees preserved in sugar or fresh lychees
2. 3 grams of black tea or Earl Grey tea

3. 10ml lemon juice
4. 10ml sugar syrup
5. 100g granulated sugar
6. Mint leaves, lemongrass

Step 1: Use boiling water at approximately 90°C (for black tea) to steep the tea for about 10 minutes to fully extract the tea's aroma, leaving no astringent or bitter taste.

Step 2: Pour 80ml of tea into a glass. Then add lychee syrup, 10ml of lemon juice, a little chopped lemongrass, and a few lychees preserved in sugar. Next, add a few ice cubes and stir gently to combine the ingredients. Pour the lychee tea into a glass, garnish with a few fresh mint leaves, and enjoy.



Orange, lemongrass, and lychee tea

Ingredient

1. Roasted black tea or oolong tea
2. soaked fabric
3. Fresh oranges
4. Fresh lemongrass

Making

Place 5g of tea and 28g of crushed lemongrass into a tea bag and put it in a large cup. Pour 400ml of boiling water (100 degrees Celsius) over it and let it steep for about 20 minutes.

Remove the tea bag, then add 3-4 grains of salt to the lemongrass tea and stir well.

Combine 50ml of lemongrass tea, 15ml of lychee syrup, and orange juice in a glass and stir well. Add ice cubes and a few preserved lychees to the glass and enjoy.



Lychee Jelly Tea

Ingredients for a 400ml cup of tea:

1. 3 grams of black tea (or 2 lychee-flavored cosy tea bags)
2. 100ml of lychee soaking water
3. 100ml of hot water to brew the tea.
4. 5 lychees in syrup
5. 1-1.5 tablespoons of sugar

Ingredients for making lychee jelly

1. 3 grams of jelly powder
2. 200ml of lychee soaking water
3. 100ml fresh milk
4. 200ml filtered water

Making lychee jelly

Pour 200ml of water and 200ml of lychee soaking water into a pot and simmer over low heat. Gradually add 3 grams of agar-agar powder to the pot and stir well.

Continue heating over high heat until the water boils, then reduce the heat, add 100ml of milk, stir well, and turn off the heat.

Pour the jelly into a container. Once it has cooled, refrigerate until it sets, then cut it into desired pieces.

Making lychee tea

Put the black tea into a teapot, add 100ml of hot water and steep for about 5 minutes. Pour the tea into a cup. Add sugar and the remaining tea concentrate, then stir well.

Add ice, lychee jelly, and pickled lychees on top of the glass and enjoy.



How to make lychee rose tea

Rose and lychee tea, with its delicate blend of the fragrant aroma and slightly astringent taste of roses and the sweet flavor of lychees, provides a refreshing sensation to help you cool down on hot days.

Ingredients for making lychee rose tea

1. 1 box of canned fresh lychees
2. 30g of dried rosebuds; choose buds that retain their fragrance, have a beautiful color, and are dry.
3. 1 pack of rose tea bags
4. 150ml rose syrup
5. 50ml sugar syrup
6. 50ml of lemon juice



How to make lychee rose tea

Step 1: Boil 600ml of water in a pot. Then, add 30g of dried rosebuds and simmer over medium heat for 15 minutes. When the water turns light pink, turn off the heat.

Step 2: Place one rose tea bag into a glass teapot. Pour the freshly brewed rose bud water over the tea and let it steep for about 3 minutes.

Step 3: Remove the tea bag. Add 150ml rose syrup, 50ml sugar syrup, 50ml lychee juice, and 50ml lemon juice to the teapot and stir well.

Step 4: Place the lychees in a glass, the quantity depending on your preference, add ice cubes, then pour in the rose tea. You now have a delicious and refreshing lychee and rose tea to enjoy.



So, you've finished making the lychee rose tea, which has a pure, light, and refreshing flavor perfect for cooling down on hot days.

1. Does eating lychees make you fat or cause heat in the body?

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