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Bubble drinks recipes

You want bubble tea but don't want to spend that much money on it anymore? Making yours is very easy and much more customizable. You can buy tapioca or boba pearls from Walmart or Amazon (or your local Taiwanese store) and then make tea with a mixture of your favorite black tea, sweetener, and half and half or no substitute dairy. Just add ice and a wide straw, and you can have your favorite treat at any time! This post contains affiliate links, which means I can receive a small commission, at no cost to you, if you make a purchase via a link. As an Amazon partner, I win with qualified purchases. Yes, bubble tea can be made at home! A delicious recipe for boba tea made with black tea, chewable tapioca balls, and topped with a foam of decadent cream. About Bubble Tea Bubble Tea is a cold drink made with tea, milk, sugar, ice and chewable tapioca balls - it's basically an iced milk tea with tapioca balls. It originated in Taiwan in the 1980s and today, bubble tea can be found all over the world. Bubble tea is also called boba, goofy tea, milk boba tea and bubble milk tea. Why this bubble tea is the best hot tapioca ball It's amazing what a difference hot tapioca balls do! Do not completely cool the tapioca balls, put them in the drink while they are still hot. They'll be soft with a lot of chewing in the middle. Made with real tea Most bubble tea shops use powders that are loaded with chemicals and sugar. This recipe is made with real tea and is perfectly prepared so that the taste of the tea really comes through. Brown sugarCane sugar gives the goofy tea a deep, complex flavor with notes of caramel you won't find in regular white sugar. Covered with a decadent cream foams a slightly whipped cream that raises this drink from a basic bubble tea. Try making the most popular coffee drinks at home like Matcha Bubble Tea, Thai Iced Tea and Matcha Latte Ice Cream. Notes of ingredients Black teaA strong black tea like Assam (which is what I used) or English breakfast tea is better to make a classic bubble tea. Use loose tea or tea bags instead of tea bags. Filtered waterThe goodest water will make a better-tasting tea. Tapioca PearlsThe package says it's ready in 5 minutes, but that's a LIE. Brown sugar I am a fan of brown sugar and black tea, but you can change the brown sugar with white sugar. Heavy cream To make the cover of whipped cream. Normal sugarEnd the whipped cream. IceTo keep the drink pleasant and refreshingly cold. My Tapioca Balls Pick: Bubble Tea Steps Here is a brief overview of the steps to make this drink. For complete ingredients and instructions, scroll down to see the recipe. Steep tea hot water. Dissolve brown sugar in hot water to make brown sugar syrup. Make tapioca balls. Follow the instructions on the package, but in general, all it entails is cooking tapioca balls in hot water for a few minutes. Make cream foam cover. A hand milk foamer is my trick to make whipped cream toppings for drinks in seconds. Assemble the drink. Spoon hot tapioca balls in brown sugar syrup a cup, pour black tea, then cover with cream topping. Service suggestion I'm using a 17 oz cup. which is slightly larger than a large Starbucks (16 oz.). Use an extra wide straw to drink. Stir before drinking so you are testing all the components together. Notes & Bubble Tea Tips can be made with all kinds of tea. All you need to do is add tapioca balls to a drink and instantly turn into silly tea! Try doing so with green jasmine tea, Thai tea or matcha. If you prefer weaker tea, use 2 teaspoons of tea per serving. Don't you want to use dark brown sugar? Make simple syrup using any type of sweetener such as honey, date syrup or coconut sugar. Stir the same part of hot water and sweetener to make a quick and simple syrup. If you don't want the problem of making the cream foam, simply add 4 tablespoons on average and half to each serving instead. Make-ahead & Storage Tips Tea, simple brown sugar syrup and cream foam can be made in advance and stored in the refrigerator. The tea is kept for 3-4 days, the syrup for 1-2 weeks, and cream foam for up to 3 days. Do not make tapioca balls more than 1-2 hours early. After 4 hours, they will begin to harden. Questions you may have Is there caffeine in this drink? Yes! There's caffeine in black tea, so there's caffeine in this drink. I don't have any loose tea, can I use tea bags? Instead of 2 tablespoons of loose black tea, you can use 3 tea bags or 6 tea bags. What are tapioca balls? Tapioca balls at the bottom of the drink are called boba. It is made of tapioca starch taken from cassava root. How long are tapioca balls good? Working with tapioca balls can be a bit complicated as they are only good for about 4 hours after making them; after that they will harden and become rubber that will not be fun to eat. How big is a share for this recipe? Each serving is 17 oz., which is slightly larger than a large Starbucks (16 oz). How do I drink this? To drink bubble tea, you need a fat straw that's big enough to suck tapioca balls while drinking tea. How can I adjust the sweetness? To adjust the amount of sugar entering the drink, effort the tapioca balls of the simple brown sugar syrup when assembling the drink. Add the simple syrup after the drink has been made to see how sweet you want it. More delicious tea recipes Bubble Tea Cheat Sheet Join my free email list to get this bubble tea guide plus instant access to all my tea cheat sheets! Have you ever wanted to learn how to make bubble tea? Here you will find everything you need to know to make this creamy, delicious and surprisingly simple bubble tea recipe At home. With the shops selling this trendy iced drink on virtually every street corner these days, I thought it would be fun to share everything I know about Bubble Tea with you. Whether you're new to bubble tea, or drinking it all the time, you'll find everything you need to know about making your own bubble tea in this post. What is Bubble Tea? Bubble Bubble it is a Taiwanese tea-based drink that goes by names such as milk tea, pearl tea, tapioca tea, boba tea, boba nai cha, foam milk tea, and several others. Invented in the 1980s, the exact story about who invented Bubble Tea is somewhat debated, however, Ms. Lin Hsiu Hui of Chun Shui Tang Tea Shop in Taichung, Taiwan, is believed to have come with the drink when she randomly pours fen yuan into her iced tea during a meeting in 1988. Fast forward three decades and this discovery of milk tea mixed with tapioca balls as evolved into hundreds of different, fun and unique bubble tea flavor combinations. Bubble tea shops are apparently everywhere these days (I know at least three within two miles of my house) and the varieties of color, thanks to all the different flavors (like green tea, strawberry, taro, and mango!) seem to keep cooling and cooler. But, at least for today, I'm going to teach you how to make bubble tea at the most basic level: strong black tea, sugar, milk and tapioca balls. After all, I very much doubt that most of us know what to do with all the different flavors, chewable additives (or QQ), or multiple types of milk. But, you can read more about the different types of bubble tea here. What is Boba? Boba, often synonymous with bubble tea, are actually the little black balls that sink into the bottom of her bubble tea. Boba is made of partially cooked tapioca flour - the refined starch extracted from the cassava root. Boba is gluten-free and, in its natural state, tasteless. Loved for its chewy texture, Boba can be added to hot and cold drinks, including hot teas or smoothies. Ingredients in Bubble Tea As I mentioned above, this is bubble tea in its most basic. There are actually several reasons why I love this version more than any other- It's not too sweet. If you've ever been to a bubble tea shop, you may have discovered that bubble tea can be super sweet, super fast. While the first sip may know wonderful, much more and I feel sick for the rest of the day. The ingredients are simple. If you're looking for somewhere else to stay, you'll find it's a great place to stay. He's ready fast. The longest part of the whole process is making tea and waiting for it to cool down. So what are these super simple ingredients? 1 ? Tea. For this bubble tea recipe, I used a simple black English breakfast tea. High in caffeine (how I like it), it's what I had on hand and it worked perfectly. Oolong tea would also work very well, or any other sturdy black tea. Don't worry about over-entangling your tea, as you'll add milk (or cream) and some sugar. 2 ? Milk. I like to use whole or half-and-a-half milk every time I make this bubble tea recipe. Heavy cream is and low-fat milk doesn't add enough creaminess that milk tea should have. Milk milk and cream, or coconut milk with full fat are my best selections, but other plant-based milk alternatives (soy, almond, walnut) will also work. 3 ? ? The benefit of making bubble tea at home is that you can add as much or as little sugar as you want. The total amount will vary depending on the type of milk you use, how long you spend your tea and, above all, your personal preferences. In this recipe, I used granulated white sugar, but simple syrup, honey or agave would also work. 4 ? Ice. Of course, these days bubble tea can come either hot or cold. However, in this case, you'll need ice. Depending on how cold the tea gets, it will determine how much ice you will need. 5 ? Tapioca pearls. Finally, Boba. This is the fool I used to make this bubble tea recipe. It's the type of fast cooking, which means it doesn't take more than an hour to cook. In fact, it takes only 5-10 minutes. There is one very important thing to keep in mind about fast-cooking tapioca beads- don't make them early. You will notice that after only 1-2 hours they will begin to harden and dry (the full opposite effect of what we are going to look for). How to Make Bubble Tea Now that we know all about bubble tea and boba and a brief story about how this unique Taiwanese drink became, let's learn how to make one ourselves. 1 ? Make the tea first. The first thing you want to do, before you do anything else, is make the tea. You don't need fancy or expensive black tea. However, you want a very strong black tea. To achieve this, bring approximately 6 cups of boiling water. Remove from heat and add tea bags and granulated sugar (if used). For this recipe, I added about 1 tablespoon of sugar per glass of bubble tea. Feel free to add more or less to suit your own personal taste and preference. Let your tea so steep and reach room temperature. If you're worried about the weather and want your bubble tea as soon as possible, you can prepare black tea in advance or transfer soaking tea to the refrigerator to speed up the cooling process. That said, you want to leave your tea steep for at least 15-25 minutes. Remember that strong tea is a good thing when it comes to bubble tea. 2 ? Prepare the Boba (tapioca pearls). Since we are using quick cooker tapioca beads, there is no need to make them early. In fact, you don't want to do them early otherwise you run the risk of them dry and hardening. Therefore, approximately 15 minutes before you plan to serve your bubble tea, bring a small pot of water to the boil. Add the boba and stir well to prevent clumping and sticking. Let the fool cook for about 5-7 minutes. They should be floating on the surface and super chewable. Drain and rinse with cold water – don't worry, they won't fall apart. You can transfer them back to the original pot or to a clean serving container. 3 ? Assemble your tea The final part is about assembly! Grab four glasses (any glass will work, just make sure they're large enough to hold about 2 cups or so) and divide the cooked fool between them. Fill each glass ice and pour approximately 1 – 1 1/2 cups of black tea at room temperature in each. Add approximately 2-3 (or more) tablespoons of milk or half and a half to each glass and stir well to combine. Sweet taste. Is it sweet enough? I like to add some tampon to add extra sweetener just in case. After all, it's best to have the option to add more, as it's practically impossible to take it off once you've added it there. Serve with large silly straws or long spoons. Tips and tricks first and foremos gt; be sure. Tapioca balls, while fun to chew, are also a choking hazard. Especially for children. As such, I recommend serving with a reusable straw and a long spoon that can take out all those delicious silly balls. This bubble tea recipe is best enjoyed as soon as possible, or at least on the same day. If you want extra cold bubble tea, combine milk, tea and some ice cubes (but not the fool!) in a shaker. Shake vigorously (as you would if you were making a cocktail) and pour into a glass full of boba and ice. This is actually the most traditional way to make bubble tea (shaking, rather than shaking, that is). Have fun with other teas like matcha, green tea or Thai tea. Bubble Tea Frequently Asked Questions 1 Is Bubble Tea Healthy? Unfortunately, there is no yes or no answer to this question. So, in an attempt to make things a little easier for all of us, I'm going to break the good and the bad with bubble tea (please don't hate me). The good guy. Tea! at least the natural type without disturbing, like the black tea I used in this bubble tea recipe. Is it good, too? milk and other milk alternatives based on low-sugar plants. The bad. Crazy amounts of sugar. According to Livestrong, a serving can contain up to 1/2 cup cooked tapioca pearls, 1/4 cup sugar and 1/8 cup sweetened condensed milk. Many of the mixtures may also contain artificial ingredients and dye. For the debate. Tapioca pearls. I know, what?! Aside from tapioca is what is considered an empty source of energy, some research now claims that these tapioca pearls contain traces of polychlorinated biphenyls (PCBs) such as styrene, acetophenone and bromine compound. Guys, as with all claims, take it for what it is until it's proven 100% accurate. As a self-proclaimed balanced foodie I will continue to enjoy a glass of bubble tea from time to time. Do I recommend drinking one full of heavy cream and sugar every day? Probably not, common sense. 2 ? What is the burst of fool? Popping Boba is completely different from the traditional Boba. Popping Boba, unlike traditional boba, is NOT made of tapioca. Instead, boba popping is done using a process that uses sodium alginate and calcium or calcium glucate lactate to shape a liquid in soft spheres. This process is known as spherification and the resulting soft spheres that result as roe (internal masses of fully mature eggs in the ovaries). Ingredients Ingredients Passion fruit that pops the boba (as an example) include water, sugar, passion fruit juice, calcium lactate, algae extract, malic acid, FD&C yellow, passion fruit flavor, potassium sorbate. 3 ? Where can I buy Boba? I bought the tapioca pearls used in this bubble tea recipe on Amazon, but you'll also find it in most Asian supermarkets. If you try to make this Bubble Tea Recip, please leave me a comment and let me know! I always love hearing your thoughts. For more Asian-inspired recipes check out, DON't forget PIN and share this refreshing bubble tea recipe and add it to your next weekly meal plan! LOOKING FOR SOMETHING SPECIFIC? CLICK HERE TO SEARCH BY INGREDIENT REMEMBER TO SUBSCRIBE TO THE FORKED SPOON NEWSLETTER FOR FREE AND RECEIVE WEEKLY RECIPE NOTIFICATIONS DELIVERED DIRECTLY TO YOUR INBOX! If you try a recipe, please share it using the hashtag #theforkedspoon or tagging @theforkedspoon on INSTAGRAM! Follow the forked spoon on FACEBOOK INSTAGRAM ? PINTEREST for all the latest recipes and updates. About JessicaJessica Randhawa is the head chef, photographer and recipe developer of The Forked Spoon. Jessica fell in love with cooking while traveling in Asia and Europe, where she discovered her passion for good food and new adventures. His recipes have appeared on Yahoo, MSN, Buzzfeed, FeedFeed and many more. He holds a bachelor's degree in science from the University of California. California.

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