

## Energy



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- Sub Category Name  
Drink  
Hot Tea
- Recipe Source Name  
The Dilmah Book of Tea inspired Cuisine & Beverage

## Ingredients

### Energy

- 200ml Dilmah Watte Single Estate - Somerset Estate Pekoe
- 10g Roasted Cumin Seed
- 1 piece of Jaggery

## Methods and Directions

### Energy

- Brew 2g of tea with roasted cumin seed in 200ml hot water for 2 minutes.
- Strain and serve in a teacup with a piece of Jaggery.

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