

How Would You Like Your Tea?

Besides water, tea is the most widely consumed beverage in the world. In the Arab world, Morocco consumes the most tea per capita, closely followed by Egypt, Saudi Arabia and the UAE. Tea-drinking is a common social ritual, and tea is commonly served to guests when they visit someone's home. Customs surrounding how tea is prepared and served largely depend on the region, and the exact recipe for preparation varies depending on family preference. Check out some of the Arab world's famous teas, and even try to make one yourself!



اتاي بنعناع

atay bina' nā'

Gunpowder green tea is steeped with a bundle of fresh mint leaves and lots of sugar. It is common for Moroccan families to drink several cups of tea per day, and it is served to guests in both personal and professional settings.



شاي استكان

shāy istkān

Traditional Iraqi tea is super strong and super sweet: black tea is steeped for hours and its strength is balanced with a hefty dose of sugar. Highly caffeinated, Iraqi tea is sipped throughout the day

شاي بالبندق

shāy bilbunduq

Tunisian tea can be either green or black. Just like its Moroccan counterpart, it is commonly steeped with fresh mint and sugar. Its most distinctive feature is the nuts that are added to the cups after serving -- pine nuts, almonds and peanuts are all common.



كركديه

karkadeh

Karkadeh tea is made with dried hibiscus flowers, which are steeped to give this tea its deep red color and tart flavor. Karkadeh can be served hot or iced, and is traditionally drunk for iftar during the holy month of Ramaḍān.



شاي كرك

shāy karak

Similar to what we think of as Indian chai in the West, karak is an aromatic blend of black tea steeped in milk with a variety of spices, including cinnamon and cardamom. This tea is drank in the Gulf region.



شاي حليب

shāy halīb

Chai haleeb, literally "milk tea" is black tea steeped with cardamom and is drank usually in Yemen. Evaporated or condensed milk is added.

