

Şeftalili Soğuk Çay

Refreshing homemade peach iced tea recipe with fresh peaches and black tea. Perfect summer drink that's naturally sweetened and dairy-free.

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

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Malzemeler

- 2 peach
- 2 tbsp black tea
- 0.5 cup granulated sugar
- 6 cup water
- 1 lemon

Yapılış

- Prepare the peaches**

Wash and peel 2 fresh peaches, then slice them into wedges.
- Make peach syrup**

Combine the sliced peaches, 0.5 cup sugar, and 3 cups water in a medium saucepan. Bring to a boil over medium-high heat, stirring until sugar dissolves completely.
- Reduce heat to medium-low and simmer for 15-20 minutes until peaches are very soft and liquid is fragrant.**
- Brew the tea**

Meanwhile, bring 3 cups water to a boil in a separate pot. Remove from heat and add 2 tablespoons loose black tea or tea bags, then steep for 5 minutes.
- Remove tea bags or strain out loose tea leaves and pour the hot tea into a large pitcher.**
- Strain and combine**

Strain the peach mixture through a fine-mesh sieve into the pitcher with tea, pressing the peach solids with a spoon to extract maximum flavor. Discard the solids.
- Add 1 sliced lemon to the pitcher and stir well to combine all ingredients.**
- Chill and serve**

Refrigerate for at least 2 hours until completely chilled. Serve over ice, removing lemon slices before pouring if desired.

İpuçları

Choose peaches that are fragrant and yield slightly to pressure - they should smell sweet at the stem end for maximum flavor in your tea.

Don't over-steep your tea, as this creates bitterness that becomes more pronounced when chilled. Stick to 3-5 minutes for black tea and remove bags or strain immediately.

Make simple syrup by dissolving sugar completely in hot water before adding to tea - this prevents granulated sugar from settling at the bottom of your pitcher.

Add a pinch of salt to enhance the peach flavor and balance the sweetness, similar to how salt enhances the flavor in desserts.

Chill your tea to room temperature before refrigerating to prevent cloudiness, which occurs when hot tea is rapidly cooled.

For party serving, freeze some of the prepared tea in ice cube trays to use instead of regular ice cubes, preventing dilution as they melt.

Muddle a few fresh mint leaves in the bottom of glasses before adding tea for an extra layer of refreshing flavor.

Taste your peaches first and adjust added sweeteners accordingly - very ripe, sweet peaches may require little to no additional sugar.