

Sweet Tea: The Perfect Southern Refreshment

There are several reasons why this sweet tea recipe stands out from the rest:



TIME
10 min

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INGREDIENTS

- 4 cups of water (for brewing)
- 4-6 tea bags (black tea is traditional)
- 1 cup of granulated sugar (adjust to taste)
- 4 cups of cold water (for dilution)
- Ice cubes (for serving)
- Lemon slices or mint leaves (optional, for garnish)

DIRECTIONS

- 1. Boil the : Water:** In a medium saucepan, bring 4 cups of water to a rolling boil. This is crucial for extracting the full flavor from the tea bags.
- 2. Add the : Tea Bags:** Once the water is boiling, remove it from heat and add the tea bags. Allow them to steep for about 5-7 minutes, depending on how strong you like your tea. I usually go for 6 minutes for a robust flavor.
- 3. Sweeten the : Tea:** After steeping, remove the tea bags and stir in the sugar while the tea is still warm. This helps the sugar dissolve completely. Taste and adjust the sweetness if necessary.
- 4. Dilute and : Chill:** Pour in 4 cups of cold water to dilute the tea. Stir well and let it cool to room temperature before refrigerating. Serve over ice and garnish with lemon slices or mint leaves if desired.

TIPS FOR SUCCESS

Experiment with Flavors: Try adding fresh herbs like mint or basil during the steeping process for a unique twist.

You can also infuse the tea with fruit like peaches or strawberries for a refreshing summer drink.

Adjust the Sweetness: If you prefer less sweetness, start with half a cup of sugar and gradually add more until you reach your desired taste.

Use Quality Tea: The quality of the tea bags can significantly affect the flavor.

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