

TAIWAN ADVENTURE: STRAWBERRY BOBA TEA

All ages with supervision



DESCRIPTION

Teens can experience a taste of Taiwan by making boba tea! In Taiwan, boba is a staple of the night markets, which encompass hundreds of food stalls where people congregate after work for groceries and snacks. Boba tea gained a huge following in the U.S. in the 1990s following widespread immigration from Taiwan, and it is still highly popular today.

MATERIALS

- A stovetop or hot plate and small saucepan OR a microwave and microwave-safe bowl with lid
- A blender
- 2 serving glasses
- Measuring spoons and cups
- Stirring spoon

INGREDIENTS

- ¼ cup tapioca pearls
 - Purchase online here: <https://a.co/d/6aO2SF0>
- ½ cup white sugar

- 1 green or black tea bag
 - Green Tea: <https://a.co/d/5hyWXcc>
 - Black Tea: <https://a.co/d/f6k1DPx>
- 2 boba straws
 - <https://a.co/d/dyB2HiD>
- ¼ cup milk or half and half (or any milk alternative)
- ¼ cups strawberries (or any type of berry)
- Water

STEPS

There are 5 major steps to making boba tea.

MAKE THE SIMPLE SYRUP

1. Combine ½ cup sugar and ½ cup water in a saucepan. Simmer until sugar is fully dissolved.
2. Divide the liquid between two heat-resistant bowls or mason jars so there is half in each.

COOK THE TAPIOCA PEARLS

To prepare on the stovetop:

1. Add ¼ cup of tapioca pearls to 2 cups of boiling water. Stir
2. When the pearls start to float, cover the pot and cook for 2 to 3 minutes.
3. Then turn off the heat and simmer for 2 to 3 more minutes.
4. Scoop out pearls and rinse them under cold water, then place in one container of the simple syrup.

To prepare with the microwave:

1. Put tapioca pearls in a microwave-safe bowl.
2. Add water 1 inch higher than the pearls.

3. Cover the bowl.
4. Cook on high for 3 minutes.
5. Scoop out pearls and rinse them under cold water, then place in simple syrup.

MAKE THE TEA

1. Steep green or black tea bag in 1 cup of boiling water
2. Let steep for 5 minutes then remove tea bag. Let the tea cool.

MAKE THE STRAWBERRY PUREE

1. Blend together $\frac{1}{2}$ cup of strawberries or berries and 1 tablespoon of the simple syrup.

ASSEMBLE THE STRAWBERRY BOBA TEA

1. In a mason jar or cup, combine:
 - $\frac{1}{8}$ cup of boba (the tapioca pearls)
 - $\frac{1}{8}$ cup of milk
 - $\frac{1}{2}$ cup of tea
 - $\frac{1}{4}$ cup of the blended strawberry or berry puree
 - Simple Syrup to taste
2. Stir, add ice, put in your fancy boba straw, and enjoy!

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