



Tai Chi Drinks

Day and Deed are Giant Rhymes. Living wisdom flow in this delicate Nordic expression. Daily diligent practice is thus a wonderful idea. In between, however, it's time to lean back in soft cushions to seek new or profound inspiration from serious literature. Maybe accompanied by a cup of tea or hot chocolate.

Several valuable books are to be found through the menu to the left, and below two delicious recipes for summer and winter. Enjoy!



Green Tea Fizz - 1.5 litre

3 tea bags of green tea powder or 2 tablespoonful top quality green tea

1 dl boiled water

Perhaps molasses sugar, maple syrup or honey

1,5 l mineral water

Lemon juice

Dissolve the green tea powder in the boiled water, which first have cooled a few minutes so the temperature has fallen to 80 degrees celsius. If you use tea leaves let them infuse for 2-3 minutes in water at same temperature. Discard the tea leaves (if the tea has been made in that manner), and save the tea. Molasses sugar, maple syrup or honey is dissolved in the tea if you want it sweet. Let the tea concentrate cool for ten minutes. Then pour it into a large jug or bowl able to contain at least two litres. Then pour the mineral water in; it foams, so be careful: pour it slowly down the inside of the jug/bowl, which is held on the slant. Add lemon juice.

Divine Hot Chocolate

Serves three (maybe)

150 gr (5.3 oz) dark ecological chocolate

½ - ¾ l ecological milk or soymilk

One pinch of chili

Two pinch of cinnamon

Fine grated skin of ecological orange (to taste)

½ teasp. of honey

Melt the chocolate carefully by low heat in a thick-bottomed pot, and then add the other ingredients. After you've added milk, you can bring it to an almost boil. Remember to stir at the bottom all the time (unless of course you possess the exquisite taste for burnt milk). Less milk makes thicker chocolate.

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