

擂茶 Punching Tea

【主要產地】：北埔鄉

Major Production Area : Beipu township

【主要產期】：全年

Major Production Period :All year round



產銷單位、訂購專線

鄉鎮別	產銷單位	聯絡單位(農場)	訂購專線
北埔鄉	茶葉產銷班	北埔鄉農會推廣股	03-5802207

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Beipu township	Tea Production and Marketing Squad	Promotion Section, Farmers Association of Beipu township	03-5802207

☑ 產品特色

擂茶為早期客家人時常飲用的一種茶點，能解渴，能充飢亦可當保健飲料。擂茶是以綠茶、花生及芝麻等為原料，炒熟後置入擂鉢中研磨成細粉，邊磨邊注水調成糊狀，再沖入熱水拌勻，最後加入米籽，即成香味四溢的擂茶。

☑ 選購指南

購買時以包裝良好、無破損為主。

📷 食用方式

將三大茶匙擂茶粉加入一杯250C.C.的熱開水中調勻成濃湯狀，即是杯營養好吃的擂茶，濃淡口味可依個人喜好調整。

📌 營養成份

客家擂茶、茶味純、香氣濃，具有生津止渴、清涼解暑滋補長壽之功能。

☑ Product Features

Punching tea is what the Hakka used to drink when they first settled here. It can quench thirst, and functions as a health drink. Punching tea is blended from green tea, peanuts, and sesame seeds. After stir-frying to sure make all the ingredients are blended, they are ground to a fine powder. water is poured in to make it a paste. then more added followed by puffed rice which makes punching tea fragrant.

☑ Pointers for Purchase

P.T Must be packaged in a hermetically sealed bag.

📷 Preparation Methods with all

Add three teaspoons of punching tea to 250C.C. of hot water. Mix or blend until it thickens to the desired consistency.

📌 Nutritional Value

The taste is pure and the flavor is heavy. It not only quenches thirst, but also helps relieve heat from the body.