

Sencha  
Pouchong  
Assam  
Tea  
Green  
Longjing  
Darjeeling  
Genmaicha  
Black  
White  
Oolong

# *Tea and Food Pairing Report*

*by DCB Enterprises*

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## Tea and Food Pairing Report

This suggested pairing has been developed as a guide for you. If you cannot find the food you are looking for, use your palate as a guide.

### White Tea

White tea has a delicate and buttery, honey like sweetness that leaves your mouth with a heavenly silky feeling.

There are many white teas infused with champagne and fruit flavors. These teas, because they have delicate flavors you will not want to overshadow the tea with other flavors.



**Yinzhen Bai Hao** (Silver Needle) a plain white tea that has a delicate buttery nutty flavor goes well with toasted pine nuts, things made with smooth creamy and buttery sauces. Pair wells with –

#### Other Foods

Poached eggs  
Oatmeal  
Millet  
Steamed vegetables  
Buttered rolls  
Biscuits  
Scones

#### Desserts & Sweets

Vanilla ice cream  
Custard  
Crème brûlée  
Puddings  
Flan  
Shortbread cookies  
Lavender infused cookies  
Roobus biscotti

## Green Tea

All green teas pair superbly with seafood and rice. Chicken dishes and Chinese green tea always make a great pairing.

**Genmaicha Tea** - Pairs well with:

### Meat, Fish, Poultry, Cheese

Chinese chicken salad  
Stir fry  
Caviar  
Tuna on lettuce with soy sauce  
Roasted chicken  
Sushi  
Parmesan, Reggiano, Locatelli cheese

### Other Foods

Pretzels  
Potato chips  
Popcorn  
Nacho chips  
Snack chips and dip  
Cheese sticks



**Gunpowder Tea** - A heartier green tea will stand up to any breakfast or brunch menu. Pairs well with:

### Meat, Fish, Poultry, Cheese

Camembert cheese  
Poultry - Lemon chicken, fried chicken, roast chicken, chicken, l'orange, 40-clove garlic chicken, mustard glazed chicken, Cornish hen vindaloo  
Fish - Fried fish, grilled fish, BBQ fish  
Pork - Bacon, lettuce and tomato sandwich, Bacon  
Beef - BBQ meat, Beef in every form

### Other Foods

Basil pesto with pasta, basil based dishes  
Garlic and onions  
Complements mint  
Complements mustard  
Anchovy pizza  
Spaghetti aioli  
Couscous  
Rice  
Corn chowder  
Potato cheddar cheese soup

**Lung Ching** - green tea (with chestnut undertones) pairs well with:

Manhattan clam chowder  
Shortbread cookies  
Vanilla ice cream





**Longjing Tea** - translates into **Dragon Well** green tea. Pairs well with:

<b>Meat, Fish, Poultry, Cheese</b>	<b>Desserts &amp; Sweets</b>
Edam cheese	Milk or white chocolate
Brie cheese	Carrot Cake
Camembert cheese	Spice cake
Curried Chicken	Pumpkin bread
Seafood-fried, smoked or grilled	Pumpkin pie
Prawns	Zucchini bread
Smoked ham	Cheese cake
Pork chops	Crème Brûlée
Roast pork	Flan
Pasta with basil pesto sauce	Praline
Antipasto	Jewish apple cake
New England clam chowder	Apple pie
Quiche	Apple dumplings
	Black currant pie
	Strawberry desserts
	Fruit tarts or compote

**Sencha** - pairs well with

<b>Other Foods</b>	<b>Desserts &amp; Sweets</b>
Avocado salad	White or milk chocolate
Guacamole	Carrot cake
Macaroni and cheese	Zucchini bread
Quiche	Pumpkin bread
Veggies and dip	Persimmon pudding
	Pumpkin pie
	Cheese cake



## Oolongs

Greenish or lightly oxidized oolongs, Tung ting, Pouchong Ching Fung and [Nantou Oolong](#) go very well with [scallops](#), lobster and other sweet rich seafood.

Oriental Beauty Oolongs are sweet and great with duck.

Full and medium oxidized oolongs have a toastiness that is the major characteristic of these teas such as: [Phoenix Oolong](#), Tieguanyin, or Crooked Horse. These oolongs are great with grilled foods and Buffalo wings.



**Tung Ting Oolong Tea** – pairs well with:

<b>Meat, Fish, Poultry, Cheese</b>	<b>Desserts &amp; Sweets</b>
Brie cheese	Lemon bars, meringue pie
Cheddar cheese	Baklava
Muenster cheese	Crème brûlée
Gruyere cheese	Flan
Lemon chicken	Dessert crepes
Sweet and sour pork	Bananas foster
Seafood: smoked fish, sushi	Banana cream pie
Blinis with salmon	Pecan tart, pie
Carpaccio	Fresh fruit
Deli meats for sandwiches	Fruit pies

**Pouchong** - pairs well with:

<b>Meat, Cheese, Pasta, Veggies</b>	<b>Desserts &amp; Sweets</b>
Curried chicken	Baklava
Seafood - shell fish, caviar	Desserts with bananas
anchovy pasta	Mint enhanced dishes
Spaghetti aoli,	Mint ice cream
Antipasto	Ginger cookies
Cheese – Gorgonzola, Stilton,	Gingerbread
Muenster	Ginger spiced dishes
Avocado salad	Vanilla ice cream
Guacamole	Pound cake
Potato salad	Vanilla-flavored desserts
Pasta salad	

## Black Tea

Black tea is most popular for breakfast because of its caffeine content as well as its tannin content goes well with milk. Black teas range from the “champagne of black teas” Darjeeling tea to the bold and robust Assam tea. Somewhere in the middle is the heavenly [Royal Yunnan](#), with the taste of honey.

**Assam Tea** - pairs well with:

<b>Meats, Cheese, Dairy</b>	<b>Desserts &amp; Sweets</b>	<b>Other Foods</b>
Pork - baked ham, bacon, Canadian bacon, sausages Luncheon meats Hamburgers Fried or roast chicken Eggs	Dark chocolate in any form Carrot cake Crème brûlée Caramel sundaes Dessert with coffee or mocha flavors Pecan pies Praline desserts Cinnamon ice cream Cinnamon buns Eggnog pie Nutmeg flavored breads or cookies Spice cakes	General breakfast and brunch foods Quiche Lasagna Mexican food Chilies All mushrooms Mushrooms soups Corn chowder Mushroom appetizers Baked beans Corn bread Couscous



**Ceylon Tea** - (has a hint of orange and spice) high in tannins, pairs well with:

<b>Meats, Cheese, Dairy</b>	<b>Desserts &amp; Sweets</b>	<b>Other Foods</b>
Milk	Baklava	Breakfast and brunch foods
Cheese - cream cheese, Gorgonzola, Stilton, Provolone	Honey walnut tarts	Pumpkin soup
Chicken – roast, fried, lemon, a l'orange	Carrot cake	Pumpkin stew
Carpaccio	Zucchini bread	Anchovy pizza
Sandwich meats	Pumpkin cake	Spaghetti aioli
Smoked fish	Orange cream cake	Fried eggplant sticks
Baked ham	Banana bread	Eggplant parmesan
Antipasto	Bananas foster	Stuffed eggplant
Bacon	Raspberry desserts	Macaroni and cheese
Bacon, lettuce and tomato sandwich	Fruit tarts	Italian food
BBQ meats	Pumpkin pie	Mexican food
Beef (in all its forms)	Pecan pie	All spicy foods
Buffalo wings	Pralines	Common mushrooms
Lamb	Anything vanilla	Chanterelles
Turkey	Pound cake	Baked beans
Kielbasa	Eggnog ice cream	<a href="#">Couscous</a>
Manhattan clam chowder	Eggnog cake	Potato salad
	Nutmeg flavored foods or desserts	Pasta salads
		Vegetable salads
		Corn bread





**Darjeeling** - pairs well with:

<b>Meats, Cheese, Dairy</b>	<b>Desserts &amp; Sweets</b>	<b>Other Foods</b>
Cheese – Brie, Camembert, Cheddar, Cream Cheese, Edam	Chocolate - dark, milk and white	Sweet or savory crepes
Eggs	Baklava	Morel mushrooms
Chicken – lemon, curried	Carrot cake	Anchovy
Blinis with Salmon	Cheese cake	Avocado
Buffalo Wings,	Crème brûlée	Guacamole
Carpaccio	Flan	Potato salad
Seafood - smoked fish, grilled tilapia, monk fish	Apple pie	Fried Eggplant
Hamburgers	Apple dumplings	Corn on the cob
Lamb	Apple turnovers	Basil pesto
Polenta	Desserts with raspberries, strawberries, apricots or black currants	
Pork - roast, BBQ	Fruit tarts	
Quiche	Fruit cakes	
Turkey	Friendship cake	
	Lemon pound cake	
	Pumpkin pie, bread	
	Mint chocolate chip ice cream	
	Cinnamon ice cream	
	Snickerdoodles	
	Spice cookies	
	Cinnamon Rolls	
	Nutmeg coffee cake	
	Anything vanilla	
	Fresh fruit	





**Keemun** - pairs well with:

<b>Meat, Fish, Poultry, Cheese</b>	<b>Desserts &amp; Sweets</b>
Eggs	<a href="#">Cheesecake</a>
Pizza	Anything Vanilla
Meat Loaf	
Quiche	
Buffalo wings	<b>Misc Foods</b>
Red meats	Chiles
Steak	
Asiago cheese	

**Pu-erhs** - The “blue cheese” of teas goes well with anything with lots of animal fats or oils. Pairs well with:

<b>Meats, Cheese, Dairy</b>	<b>Desserts &amp; Sweets</b>
Beef	Desserts with coffee or mocha flavors.
Pork	Dark chocolate
Rich seafood's such as butter fish, scallops and lobster	desserts –dark chocolate mousse
Creamy rich mild cheeses.	
<b>Other Foods</b>	
Stir fry	
Pasta dishes with oil sauces as a base such as spaghetti aioli	
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