

## TEH TARIK: THE ART OF TEA PULLING

Teh tarik ("pulled tea" in Malay) is said to have originated after World War II at rubber plantations around the Malay Peninsula, where drink stands were set up for workers by Indian-Muslim immigrants. Traditionally, the hot water used to make it was boiled in aluminium pots over an open flame.

Teh tarik is made with black tea, condensed milk and sometimes evaporated milk too. It's pulled between two cups to froth it, and the particular techniques used, and length of the pull subtly change the temperature and taste of the brew. The tea should preferably be pulled longer than arm's length!

Now teh tarik is a popular beverage for all in Singapore and can be found at the majority of the drink stalls in food centres. It's often enjoyed over conversations with friends and co-workers, or even at home with family.

Learn to make your own teh tarik by following the photo story below.



### Ingredients needed

- 1 teaspoon of black tea granules or 1 tea bag of black tea
- 2 teaspoons of condensed milk
- 2 teaspoons of evaporated milk
- 1 cup of hot water



Step 1: Add tea granules into the cup with hot water and stir well.



Step 2: Next add the condensed milk and stir till dissolved.



Step 3: Then add evaporated milk and stir well.



Step 4: Now, let's pull the tea. Do be careful as the mixture is hot. Pour the tea from the cup into one of the pitchers. Practice transferring water in the pitchers using room temperature water first, if you like.



Step 5: Start pulling at a lower distance then slowly pull it higher. Repeat 3 to 4 times till you get a good amount of foam on the surface.



Step 6: Transfer the teh tarik back into the cup for serving. Then enjoy it while its hot!

This teh tarik demonstration is brought to you by the grandmother of ACM staffer Heryanti Jamal, Mdm Mastan Bee Bee.

