



INFUSÕES[®]
E HISTÓRIA

ROMANESQUE BLENDS: Romanesque Blends

Blend 3: Portuguese Romanesque Blend

Composition suggested:

Common self-heal leaves (*Prunella vulgaris* L.)
Spearmint leaves and inflorescences (*Mentha spicata* L.)
Lemon balm leaves (*Melissa officinalis* L.)

Three powerfully aromatic species are combined providing pleasant, fragrant and well-flavored herbal tea, minty, slightly citric and sugary. Sensory characteristics to enjoy in two ways: cool and refreshing for hot summer days; warm and comforting during cold winters.

Plants have natural phytochemicals which may cause some side effects, depending on consumers' age and condition.

Basic recommendations for herbal tea:

Water temperature: about 80 °C
Amount of mixed herbs: about 10g/L
Suggested time: infuse in hot water for 5 minutes, and then filter the herbs with a tea strainer.
It is better to prepare it in a closed vessel to prevent loss of the essential volatiles.

These are herbaceous plant materials that steep in a short time, avoiding the thermal shock that sometimes affects some of the constituents. Infusing for a little longer or slightly increasing the dose of the mix provides a slightly different profile, improving color and flavor.

Rationale:

This blend combines three different species from the botanical family Lamiaceae which members are profusely aromatic and include widely used culinary and medicinal herbs. Their main constituents are bioactive compounds with health benefits.

In this blend stands out the sweet-scented aroma and the refreshing, well-flavored, slightly mentholated, and citric taste. Taking advantage of these sensorial characteristics this infusion might be enjoyed in two different ways: as a cold beverage, nice refreshment for summertime; as a comfort hot drink for the cold and long winter nights.



INFUSÕES COM HISTÓRIA: Misturas do Românico

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