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E HISTÓRIA

## INFUSÕES COM HISTÓRIA: Tisanes Fleuve et Vignes

### Mélange 5: Tisanes d'été

#### Composition suggérée:

Tiges feuillues et fleuris d'origan (*Origanum virens Hoffm. & Link.*)

Fleurons de camomille romaine (*Chamaemelum nobile* (L.) All.)

Feuilles de laurier (*Laurus nobilis* L.),

Feuilles de noyer (*Juglans regia* L.)

La fragrance tonifiante et la saveur très aromatique chaude et légèrement amère de ce mélange de plantes, évoquent les chaudes journées d'été Méditerranéen. Une tisane qui souligne les notes sensorielles de l'origan, à boire chaude pour en apprécier les arômes qui se dégagent avec la température.

Les plantes contiennent des composés chimiques naturels qui peuvent entraîner des effets indésirables en fonction de l'âge et de la condition du consommateur.

#### Instructions de préparation:

Température de l'eau : environ 90 °C

Quantité du mélange d'herbes : ± 10g/L

Temps d'extraction : infuser dans de l'eau chaude pendant 5 à 7 minutes, puis filtrer les herbes avec une passoire.

L'intensité de saveur et de couleur de cette tisane dépend de la quantité de mélange et de la durée d'infusion. Une quantité plus importante du mélange et une infusion plus longue donnent une couleur et un goût plus forts.

#### Raisonnement:

Ce mélange crée une boisson parfumée et vivifiante qui tire parti des caractéristiques sensoriels de l'origan. La fragrance de la tisane provient essentiellement des attributs sensoriels des feuilles et des fleurs d'origan, mis en évidence par son bouquet légèrement épicé et chaud, mêlé aux sensations typiques de la camomille et du laurier. De cette façon, les notes plus amères de l'origan et de la camomille sont adoucies, ainsi que le goût herbacé et terreux du laurier et des feuilles de noyer. Cet alliage donne quelque chose de métallique, caractéristique des feuilles des deux arbres conférés par la présence de tanins.

Les ingrédients utilisés sont traditionnellement associés à la gastronomie portugaise et à des potentiels effets thérapeutiques. La composition chimique de ces matrices végétales révèle des composés bioactifs aux propriétés antioxydantes, antimicrobiennes et antifongiques, présentant un intérêt nutritionnel et médicinal particulier pour la conservation de produits alimentaires.



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