

# TEEN SUMMER BREAK

## DIY Bubble Tea



Bubble Tea, also known as pearl milk tea, bubble milk tea, or boba tea, is a drink that was made popular in Taiwan in the 1980s. It has become a fun and popular drink in the US in the past few years. Bubble tea drinks come in a wide variety of flavors, from traditional tea with milk to tea with juice or fruit smoothies. Drinks can be enjoyed hot or iced. The defining feature of bubble tea is the addition of chewy “pearls” made of tapioca starch.

This kit has enough to make 2-4 servings of traditional green or black bubble tea. Adding sugar and milk is up to you! If you would like to create more bubble tea after the kit contents are gone, uncooked tapioca pearls can be purchased at many local Asian markets or online retailers.

**Note: This kit requires the use of a stove or microwave! Please make sure you have permission and/or supervision from your parents/guardian to use those before you make your bubble tea!**



### Materials needed to complete project

Included in kit:

- 2 wide bubble tea straws
- 1 cup of uncooked tapioca pearls
- 6 bags of tea (3 black tea, 3 green tea)
- 2 compostable cups (**not for use with steaming hot liquids!**)

Not included in kit:

- Kettle/saucepan and a mug OR large microwave-safe mug to make tea
- Saucepan with a lid OR microwave-safe mug to cook tapioca pearls
- Colander to drain the tapioca pearls
- Spoon
- Sugar or other sweetener (optional)
- Milk of your choice (optional)
- Ice (optional)

### Instructions:

#### Brew your tea

*(Note: If you want your finished drink to be cold, make your tea first. If you want your finished drink to be warm, cook your tapioca pearls first and make your tea second.)*

#### Stovetop method:

1. If you have permission to use the stove, boil water in a kettle or in a saucepan.
2. Put one or two teabags in a large mug, depending on how strong you want your tea.
3. After the kettle starts whistling or the water is boiling, pour the boiling water into your mugs with the teabag(s).
4. Let the tea steep for **2-3 minutes**, remove the teabag(s).
5. Set tea aside and cook your pearls.

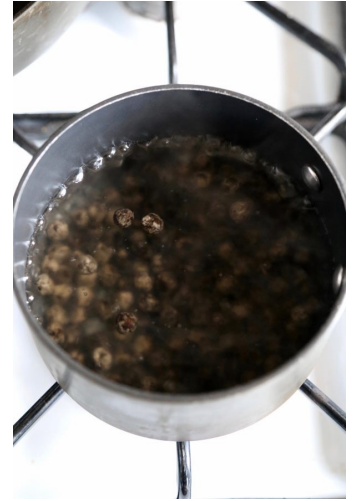
#### Microwave method:

1. Pour water in a mug, leaving a little room at the top.
2. Put your mug + water in the microwave, microwave on high for about **3 minutes**.
3. Take the mug out of the microwave (**Careful! it's hot!**). Put 1 or 2 teabags into the hot water.
4. Let the tea steep for **2-3 minutes**, remove the teabags.
5. Set tea aside and cook your pearls.

## Cook the tapioca pearls

### Stovetop method:

1. If you have permission to use the stove, fill a saucepan with **6-8 cups** of water, and put it on the stove on high heat.
2. Measure out the amount of tapioca pearls that you want to cook. Most bubble tea drinks use about **1/4 cup** of tapioca pearls.
3. Once the water is boiling, put your measured amount of tapioca pearls in the boiling water. Stir the bubbles with a spoon to keep them from sticking together.
4. Once the pearls float to the top of the water, lower the heat of the stove to medium, put the lid on the saucepan and let the pearls cook for about **5 minutes**.
5. At this point, you can start checking the pearls for your preferred doneness by scooping out one and (carefully!) chewing it. If you like your pearls a little chewier, turn off the heat and proceed to the next step. If you like them a little softer, let the water boil for another **2-3 minutes** and check them again.
6. When your tapioca pearls are at your preferred doneness, remove the saucepan from the heat and drain the pearls into a colander. Rinse with cold water.
7. If you want your pearls and finished drink to be sweet, put the warm tapioca pearls in a bowl and stir in a couple of spoonfuls of plain sugar, brown sugar, honey, or other sweetener. Let them sit while you assemble the rest of your drink ingredients.



### Microwave method:

*(Note: microwave tapioca pearls usually turn out a little chewier. If you prefer your pearls on the soft side, use the stove.)*

1. In a microwave-safe mug, pour in **3/4 cup of water**.
2. Microwave water on high for about **3 minutes**. Take the mug of boiling water out of the microwave (**Careful! It's hot!**)
3. Pour **1/4 cup** of tapioca pearls in the hot water.
4. Put the mug with water and tapioca pearls back in the microwave and microwave on high for **1 minute**.
5. Take the mug out of the microwave and cover with a plate for **1 minute**.
6. Drain the pearls into a colander, rinse with cold water.
7. If you want your pearls and finished drink to be sweet, put the warm tapioca pearls in a bowl and stir in a couple of spoonfuls of plain sugar, brown sugar, honey, or other sweetener.

## Assemble your drink

1. Using a spoon, put the tapioca pearls at the bottom of your cup.
2. Pour in your prepared tea in your cup on top of the pearls.
3. Add your ice and milk if you choose to have either.
4. Put in your straw, give everything a stir, and enjoy your tea!

### Note:

Cooked tapioca pearls need special storage, otherwise they get hard and unappetizing. If you have extra cooked tapioca pearls, they can be stored in sugar syrup for 1-2 days. Make sugar syrup by boiling **1/2 cup** of water on the stove or in the microwave. Add in **1/2 cup** of sugar, and stir until dissolved. Remove from the heat and let cool. Put the pearls and syrup in an airtight container and store in the refrigerator. **Uncooked** tapioca pearls can be kept in an airtight container for 1-2 months.