

香港酒店业协会认可杂志

CityLife

东方之珠

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Top Teas

How to enjoy the drink of emperors

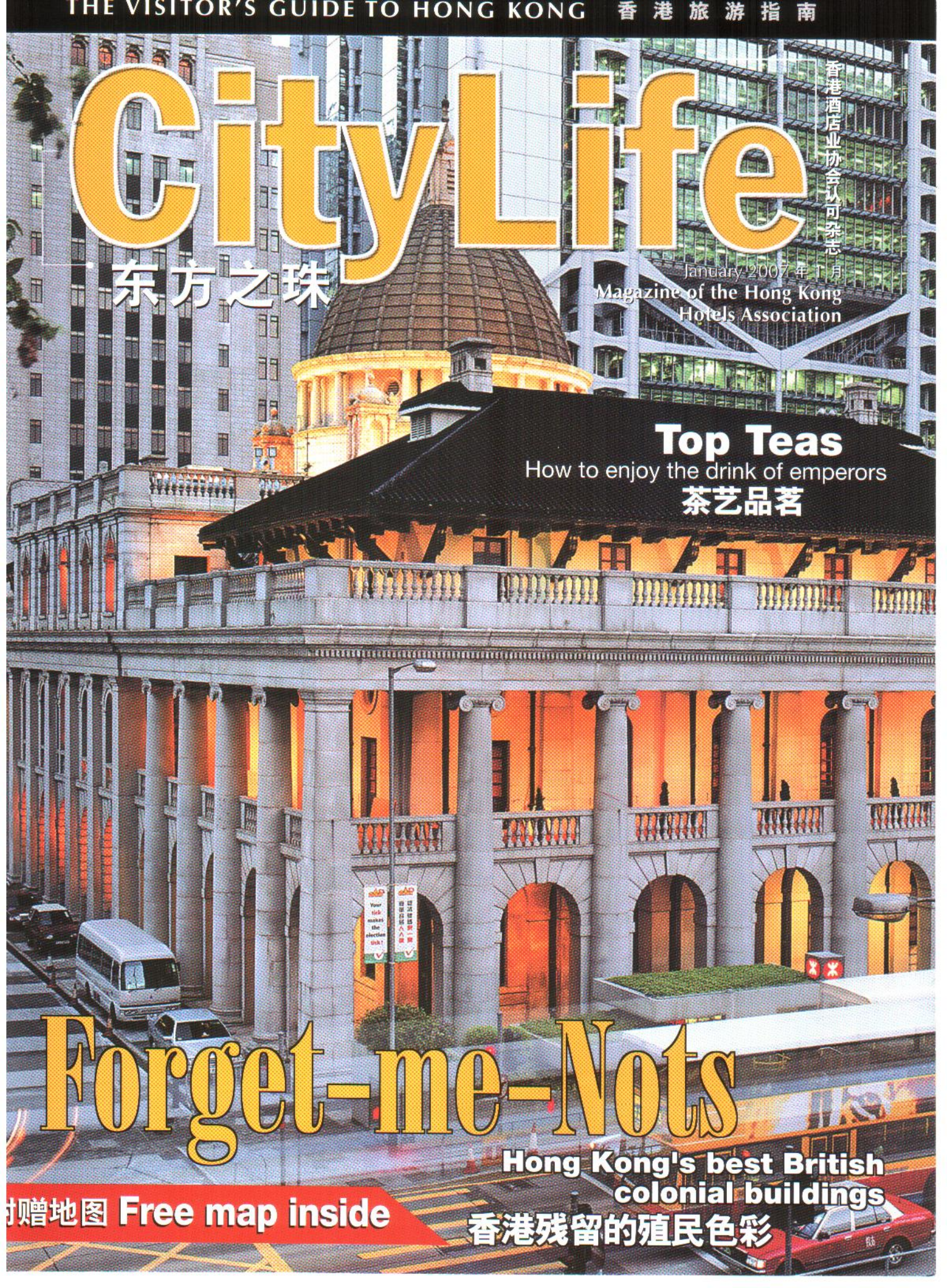
茶艺品茗

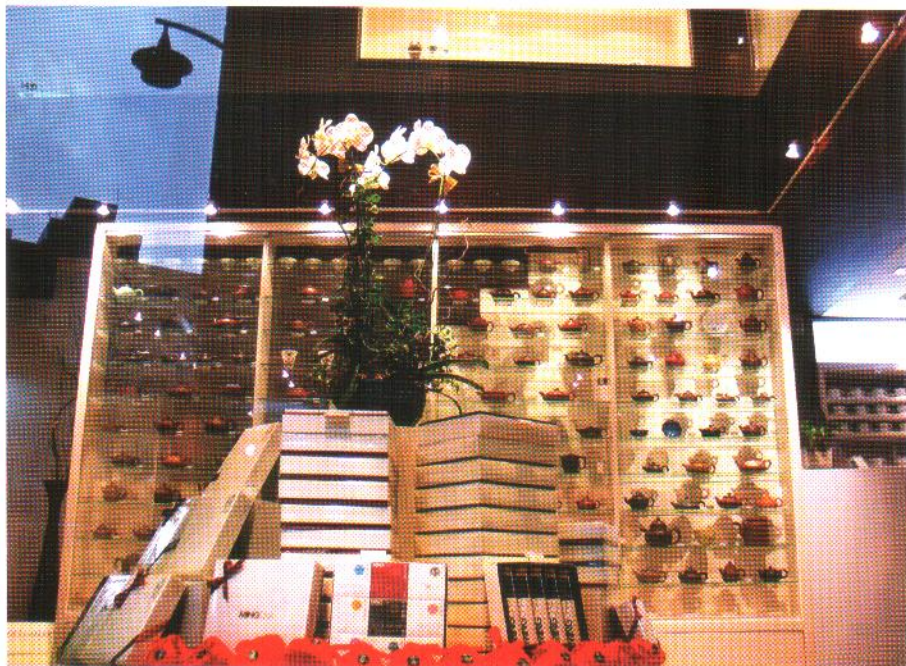
Forget-me-Nots

Hong Kong's best British
colonial buildings

香港残留的殖民色彩

附赠地图 Free map inside





All the 茶艺品茗 Tea in China

The importance of tea cannot be overstated: an empire was built on it and entire countries have based their economies on it. Without it, the boys in Boston couldn't have had their party and George W. Bush might be singing "God Save the Queen".

不容忽视，茶叶对我们影响极为深远：有国家以茶而闻名于世，亦有国家以茶为生，成为经济的重要支柱。没有它，全世界人的生活顿时变得枯燥乏味、了无生气。

In China, accounts of the history of tea vary wildly. One Chinese legend tells of how Shennong, a Chinese emperor, stumbled upon tea and brewed it to drink about five thousand years ago. China certainly has the first historical records of tea drinking, some time during the first millennium BC, and drinking tea has been a central feature of Chinese culture ever since.

Hong Kongers also enjoy the drink of emperors, as it's sometimes called, and tea drinking is still a major pastime for much of the population. With so much history behind it, **Rory Boland** made his way to Ming Cha Tea House to find out what teas are on offer and how to make the perfect brew.

自古以来，中国盛产各式各样的茶叶，其历史源远流长。有说早于五千年前，古代尝遍百草的神农氏发现茶树，并发明了泡茶的方法。故此，中国显然是世界上第一个学懂品茗的民族，自此，茶的文化渐渐在中国流传下去。

在这种思想、文化的熏陶下，香港人也喜爱喝茶，而喝茶亦成为大多数人周末假日共聚天伦的习惯。**Rory Boland**带你走进城中著名的茶室—明茶房，揭开茶叶文化的悠久历史，教你进一步认识茶叶及品茗的艺术。



Honey Pearl Pekoe 白毫小蜜珠

Young tea leaves from near Fujian. Hand-rolled into small beads and infused six times with jasmine flowers. A light drink, with a natural fragrance. 源自福建附近一带。茶叶以手卷成小球状，冲泡时加入茉莉花，冲泡六次后饮用为佳。味道清淡，渗透天然的香味。



First Flush Longjin 明前龙井

Often described as the archetypal green tea in China. Wok-fried by hand, the taste is warming with a malty aroma. 被誉为中国绿茶的原型，茶叶以手在锅中炒烘而成；味道带点麦芽的香味。



Phoenix Supreme 极品凤凰单撻

Sweet, fruity tea from Chaozhou. Thirst quenching, with a good balance of complexity, ideal for those starting to learn more about teas. 源自潮州的茶叶，芳香香甜。有效解渴，均衡脸色，最适宜品茗的初学者饮用。



X'tra Old Tippy Pu'er 特级金尖普洱

Fully fermented tea with a mellow and smooth taste, thanks to good ageing. Ideal for those with weaker stomachs or watching their weight. 全发酵的茶叶，存放年份越高，味道越甘美温和。最近宜胃虚者或减肥人士饮用。



Silver Needles 极品白毫银针

Light fermented tea from Fujian. Scientifically proven to help with oxidization and mutation of body cells. 源自福建的半发酵茶叶，科学证明有证抗氧化及延长细胞老化。

Preparation 冲泡方法

The secret to enjoying a good brew is all in the preparation, according to Humphrey Yuen from Ming Cha Tea House: "Preparing the tea correctly is extremely important, as you can have excellent leaves, but if the preparation is wrong, the flavour will be lost". The traditional preparation method in southern China is the Gungfu approach, which is specially designed to bring out the maximum flavour in a tea. "The Gungfu approach is excellent for bringing out the best of each tea's aromas and flavours. The Gungfu approach has many little elements which all add up to excellent tea," says Yuen.

The most striking feature of the Gungfu approach is the use of miniature teapots and teacups. These are used for several reasons, explains Yuen. "Tea should be drunk quickly, while it's still hot, as this is when the flavour is fullest. That is why we only use smaller teapots. The Gungfu approach also stresses the importance of different infusions. The small teapots allows us to enjoy different infusions, which all have very distinct tastes. In fact it is very rare that the first cup is the best but more likely the third or fourth." Other important elements in Gungfu include specific temperatures for different teas and warming all of the instruments involved in preparation. This delicate procedure is fascinating to watch and impressive on the palate.

If you want to sample tea as it truly should be tasted, make your way to Ming Cha on Star Street in Wan Chai. A pot of tea there costs between \$45-\$100, which isn't cheap, but as an opportunity to experience both the atmosphere and the taste, it's a bargain.

Ming Cha, 7 Star Street, Wan Chai. Tel: 2520 2116. Open Daily; 12:00-21:00, except Sundays 12:00-19:00, and closed Tuesdays

能否冲泡一壶好的茶，需视乎冲泡前的准备功夫。根据袁先生所说：「正确的泡茶前准备功夫是十分重要的；虽然拥有一等上乘的茶叶，倘若准备过程有何错漏，亦只会白白浪费茶叶，尝不出茶叶的个中味道。」在南中国传统的泡茶方法叫「功夫茶冲泡法」，专为带出茶叶的浓香味而设的。他说：「功夫茶冲泡法最能带出每种茶叶的香味和味道，虽过程较繁复，但每个程序皆能各自带出茶本身的味道。」

功夫茶冲泡法最迷人之处在其小巧精致的泡茶茶壶、茶杯。他解释采用小巧的茶壶、茶杯是有特别原因的，「喝茶必须趁热喝下，因为当茶还是暖的时候，味道最为浓郁。故此，采用小巧茶杯能让你每一口都尝到味道最好的茶。」而且功夫茶冲泡法亦著重不同茶叶的注入量，小巧的茶壶可使我们尽尝不同的茶味；通常，第一杯冲泡的茶味道一般，冲泡至第三或第四杯方可尝到最佳的味道。此外，应留意每种茶叶的理想冲泡温度，同时亦应预先暖茶具，这样，才能冲泡出一杯好茶！单是欣赏整个冲泡过程已是一门艺术，令人沉醉其中，比品茗的层次更要高呢！

若你想品尝真正的茶味，可到位于湾仔星街的明茶房参观。明茶房一壶茶大约售\$45至\$100元不等，价钱不菲。对渴望感受这门艺术及真正的茶味的你，确是十分值得。

明茶房：湾仔星街7号，电话：2520 2116。开放时间：下午12时至晚上9时。周日下午12时至晚上7时。周二休息。



Courtesy of Ming Cha

Tea Types 茶叶的种类

With all the teas out there, it's hard to know where to begin, but just like wine, tea can be split into some distinct categories. Humphrey Yuen, a 'tea evangelist' from Ming Cha Tea House takes us through the basics.

茶叶的种类众多，要详尽解说，不知从何说起。其实，茶叶与醇酒一样，都可以分为几个品种，就让明茶房热爱品茗的袁先生为你一一讲解：

Black Tea 黑茶

"Is the strongest of the tea family, usually double fermented. Just like wine, black tea can benefit from storage and gains taste over the years. Excellent for digestion."

「在整个茶叶系当中，味道最为浓烈，发酵时间比其他的还要多，需进行两次发酵过程；跟酒相似，黑茶存放的年数越久，茶味也越香醇，喝后韵味正浓。对肠胃消化，功效甚佳。」

Red Tea 红茶

"Slightly weaker than black tea, red tea is still strong after a single fermentation. This is the tea that most Westerners consider black tea - the name comes from the leaves which are black. Good after a main meal, especially for those who don't enjoy the strength of black teas."

「仅次于黑茶，但红茶只需进行一次发酵过程，味道香浓。由于红茶茶叶带黑，常有外国人把它误认作黑茶。建议在正餐后享用，特别是那些不爱浓烈黑茶的人。」

Oolongs 乌龙茶

"Meaning 'black dragon', oolong was the tea of emperors in China's past and was once considered the best tea available. Only half fermented, so weaker than red tea."

「字面解作乌黑色的龙，乌龙是中国过往最受欢迎的茶，亦曾被选获『最佳茶叶』的茶，只需半发酵，味道较红茶淡。」

Green Tea 绿茶

"Often considered the healthiest tea, green tea certainly has many health benefits thanks to its many antioxidants. No fermentation for green tea, so it's very weak. Because it hasn't been fermented it should be consumed as quickly as possible and refrigerated where stored for maximum flavour."

「绿茶被誉为最健康的茶，含有大量抗氧化物质，有益身心。绿茶毋须发酵，味道清淡。因它毋须发酵，应尽快饮用，而且应将它存放在雪柜以保茶的最佳风味。」

White Tea 白茶

"Similar to green tea, but even weaker and packed with antioxidants making it doctor's choice. Processed extremely quickly to keep it fresh, and should be refrigerated when stored. White tea can be expensive."

「跟绿茶相似，味道更清淡，含有大量抗氧化物质，有益身心，收美容健体之效。为保存新鲜风味，泡制过程快捷。但部份的白茶价值亦不菲。」

Floral Teas 花茶

"Not strictly its own category as most of the above and can come in many types, although floral teas are usually types of oolong. One of the most popular flavourings is to add jasmine, with the taste ranging anywhere from mild to intoxicating."

「虽然花茶多是配搭乌龙冲泡而成，但其实也没有特定的一个类别，因以上多种茶叶都散发各自的淡淡幽香。而最受欢迎的是将茉莉花加入一同冲泡，味道怡人甘怡。」