



Vietnamese Sweet Iced Tea

By Dylan Sabuco

Prep Time 2 / Cook Time 5 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

- ☐ Large pot
- ☐ Liquid measuring cup
- ☐ Pitcher
- ☐ Can opener
- ☐ Wooden spoon

Ingredients

Vietnamese Sweet Iced Tea

- ☐ 1 14-oz can sweetened condensed milk ****(for DAIRY ALLERGY sub 1 C dairy-free/nut-free yogurt + 1/3 C sugar)****
- ☐ 3 decaf green tea bags
- ☐ 2 C ice
- ☐ 4 C water

Food Allergen Substitutions

Vietnamese Sweet Iced Tea

Dairy: For 1 14-oz can of sweetened condensed milk, substitute 1 C dairy-free/nut-free yogurt + 1/3 C sugar.

Instructions

Vietnamese Sweet Iced Tea

measure + simmer

Bring **4 cups of water** to a simmer over high heat in a large pot. Then, pour the water over **3 decaf green tea bags** in a large pitcher. Allow this to sit for 10 minutes to steep.

pour + stir

Remove the tea bags and discard. Pour in **1 can of sweetened condensed milk**. Stir until the condensed milk is fully incorporated. This sweet tea is inspired by Thai iced tea, which uses similar ingredients, but today we are using green tea instead of the traditional black tea. Green tea is very common in Vietnam, even more common than black tea.

serve

Pour ice into cups, then pour the Vietnamese sweet tea into all the cups! "Cheers!" or in Vietnamese, "Chúc mừng!"

Featured Ingredient: Sweetened Condensed Milk!

Hi! I'm Sweetened Condensed Milk!

"As you can tell from my name: I'm milk; I'm sweet; and I'm condensed! Condensed means that the milk has had around 60 percent of its water removed, so it becomes dense and thick. Then, sugar is added to make it sweet. I come in a can and am able to sit unopened on your pantry shelf for one to two years so you can add me to your dessert recipes whenever you need me!"

In his travel books from the late 1200s, the explorer and merchant Marco Polo wrote about the Tatars, or Turkic ethnic groups across Eastern Europe and Asia, who condensed milk into a paste, which would be carried around in 10-pound bags. This was probably a fermented, yogurt-like milk curd, "katyk," to which they would add water to make a drink called "ayran."

Nicolas Appert, a French confectioner and inventor, successfully condensed milk in 1820. In the United States, Gail Borden Jr invented a process in 1853, before refrigeration, to make sweetened condensed milk, allowing milk to be stored for much longer than a few hours.

Evaporated milk is a similar shelf-stable canned milk product, except it does not contain sugar and must be

homogenized and sterilized by heat. In some countries, they call evaporated milk unsweetened condensed milk.

"Sweetened condensed milk" is often shortened to "condensed milk." It has many uses. Add it to hot coffee and tea instead of milk, or make Thai iced tea or Vietnamese iced coffee with it. You can make fudge and dulce de leche with condensed milk. You will also find it in caramel candy and key lime pie, and it is a main ingredient in a Brazilian confection called "brigadeiro."

You might even try adding sweetened condensed milk to the egg mixture for French toast, like our Crème Brûlée Fancy French Toast Sticks!