



Tea: Essence of the Leaf

Sara Slavin

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Since Bodhidharma's legendary discovery of *Camellia sinensis*, tea has traveled around the globe, sparked rebellions, and spawned fortunes. This eponymous volume unveils the delights and mysteries to be found in the uncomplicated infusion of leaf in water, serving up a sophisticated brew of enticing photographs, evocative poetry and prose, history, myth, and tempting recipes. It explores tea's ability to awaken the body, refresh the senses, and soothe the spirit, whether the brew be black, green, or oolong; sipped hot or iced; steeped in samovar or teapot; served in heirloom porcelain or a simple clay bowl. Delving into the life and lore of tea, we visit Bombay, Beijing, London, Tokyo, and Paris, and hear from the likes of Marcel Proust, Paul Theroux, Amy Tan, and others. From tea house reveries to recipes for Orange Pekoe Compote and Tea Smoked Duck, *Tea* invites us to revel in the subtle bliss of the world's most popular beverage.

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