



Why Stop at 4pm?

Whether you're a die-hard coffee drinker or a tea connoisseur, it's time to start taking your favourite heart-warming drink past your afternoon break and into mealtime.

**Words by
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TEA-LOVERS are no stranger to the concept of pairing their favourite bevy with savoury food. After all, while scones with jam and Victoria Sponge take up a solid amount of real estate on the afternoon and high tea table, cheese straws, curried chicken and cucumber sandwiches also have their place. But what about beyond teatime? While we'd happily reach for the tin of Chinese Pu-Erh tea after a heavy meal (it's brilliant for aiding digestion and helping shift the grease, so to speak) you wouldn't always think of grabbing your favourite Lapsang Souchong while you're indulging in a creamy pasta—but maybe we should.


According to the experts at TWG Tea—purveyors of some of the finest teas in the world—pairing tea with different savoury meals can not only complement but even enhance a meal. And they should know—at their Tea Salon & Boutique, which also encompasses a dining area, they serve a variety of savoury dishes actually infused with tea, including everything from a lasagne infused with Moroccan Mint Tea and Leg of Lamb infused with Comptoir des Indes Tea, to Smoked Salmon with Gyokuro

Samurai Tea and a variety of tea sandwiches boasting ingredients like cream cheese infused with Earl Grey.

If you're a part of the coffee camp, don't think this means you're left out—pairing your java with savoury dishes is just as rewarding. Experts claim that when teamed with the right dish, savoury recipes can actually help bring out the flavour of coffee (and your meal) even more, and we don't just mean with your breakfast omelette. Whether you're sipping an Americano with a plate of eggplant and tomato sauce-laden pasta or rubbing some ground coffee into the meat for your next pot roast (it can be an excellent addition to marinade), caffeinated cuisine can be a sweet reward for your taste buds. Which is why we spoke to the good folks at Nespresso—one of the most well-loved coffee brands around the world, which is now even available online in the UAE—for their expert suggestions on which types of coffee pair best with different savoury (and sweet) dishes.

So don't be a mug and miss out, and read on for our tips on what to pair with what—whether it's coffee or tea you're after!

★ Ready for a Cuppa

FOOD TYPE	TEA SUGGESTION	WHY IT WORKS	ADDED BENEFITS
<p>Fatty meats, like pork belly or Wagyu beef</p> 	<p>Royal Orchid Tea (with pork belly), or Maharajah Darjeeling Tea (with Wagyu beef)</p>	<p>Oolong teas (like Royal Orchid Tea) help soothe the sated taste of oily food like pork belly. Cream of the crop Wagyu beef is best paired with the King of Tea, Maharajah Darjeeling, with spice & sweetness.</p>	<p>The oolong is infused with the scent of orchids.</p> 
<p>Delicate seafood</p> 	<p>Gyokuro Samurai Tea</p>	<p>Seafood like lobster, crab or scallops goes best with green teas. This intoxicating tea even has a hint of seaweed and raw sea salt taste.</p> 	<p>It's tannin-free with the scent of fresh grass.</p>
<p>Vegetarian dishes</p> 	<p>White Earl Grey Tea</p>	<p>A subtle combo of bergamot—light, suave and refreshing—and leaves of imperial silver needles complete this delicate blend. The purest of its kind, white tea is an excellent choice for health-minded folks.</p>	<p>White tea is packed with antioxidants!</p> 
<p>Spicy dishes</p>	<p>Red of Africa Tea</p> 	<p>Delicate red tea from South Africa blended with sweet spices and marigold, this exclusive mix of sweet spices will pique your taste buds while calming the after-effects of spicy food consumption.</p>	<p>Theine-free, it can also be served iced.</p> 
<p>Western desserts</p> 	<p>Earl Grey Chocolate Tea</p>	<p>This rich and aromatic tea is a world- first, accented with rare bergamot and pure dark chocolate to create a blissful and unforgettable harmony when paired with an indulgent Western-style dessert.</p>	<p>It's chocolate without the calories!</p> 
<p>Asian desserts</p> 	<p>Silver Moon Tea</p> 	<p>A unique blend of green teas accented with a grand berry and vanilla bouquet, this is a sophisticated tea with just a hint of spice. It pairs perfectly with the light flavours of Asian delicacies and desserts.</p>	<p>Asian green teas help beat belly fat, too.</p>

Beyond the Bean

FOOD TYPE	COFFEE MATE	WHY IT WORKS	DON'T FORGET...
<p>Fatty meats like pork belly, or Wagyu beef</p> 	<p>Rosabaya, Cusi or Vivalto coffee</p>	<p>Acidity is needed to counterpose the fattiness of certain meats like pork belly or Wagyu and Kobe beef, so these higher-acidity coffees work well paired with them.</p>	<p>If the meat is caramelised, pick a more intense coffee like Livanto or Deca Intenso.</p>
<p>Delicate seafood</p> 	<p>Dulsao, Volluto or Linzio coffee</p>	<p>The delicacy of most types of seafood, be it shrimp, crab, oysters, scallops or white fish, calls for a delicate coffee such as Dulsao, Volluto or Linzio coffee.</p>	<p>Shellfish, especially, is better with soft coffees like Dulsao and Linizio.</p>
<p>Vegetarian dishes</p> 	<p>Any type of coffee at all (really!)</p>	<p>Vegetarian dishes are typically composed of vegetables like mushrooms worked together with condiments, spices and sauces. The dish structure will dictate which type of coffee to use.</p>	<p>Salads shouldn't have a dressing that's too sour, and the same applies here.</p> 
<p>Spicy dishes</p> 	<p>Preferably a spicy coffee like Indriya or Kazaar coffee</p>	<p>Give the spice in your dish a feeling of privilege by marrying the spiciness of your food with a spicy coffee. This concordance will take your meal to new, flavour- and spice- filled heights.</p>	<p>There's a world of sensory spices to explore.</p> 
<p>Western desserts</p> 	<p>Ristretto for rich chocolate; Rosabaya for fruit tarts; Volluto for cream custards</p>	<p>The sweeter the dish, the more bitter the coffee should be to help balance it out. The more complex and intense in flavour the dessert, the coffee should follow the same principle so they pair well.</p>	<p>Nutty flavours complement cereal-based coffees like Capriccio or Volluto.</p> 
<p>Asian desserts</p> 	<p>Acidic coffee for fried dessert; intense coffee with bitterness for sugary desserts</p>	<p>Much like the principle behind coffee pairing for Western-style desserts, coffee-pairing for Asian-style desserts is all about balance: Intense with bitter, and acidic to counter fried treats.</p>	<p>Lungo cups are well indicated for desserts that are mild in flavour.</p> 