

Mint, liquorice root and fennel Tea

Mint is a calming, refreshing herb that tastes wonderful teamed with a few fennel fronds and liquorice.

Just a small amount of liquorice roots adds an almost sweet flavour to the mix.



Ingredients

Serves 4

- 2cm in length liquorice root
- a few fennel fronds or fennel bulb shavings
- 2tsp dried mint or a few fresh mint leaves
- 500ml boiling water

Method

Place the liquorice root in a mortar and grind as best you can with a pestle, it just needs to be broken down a bit.

Add the liquorice, fennel fronds and mint to a teapot and add boiling water.

Let the herbs steep for 5 minutes then serve.