



Experience Oolong and Pu-erh

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Agenda

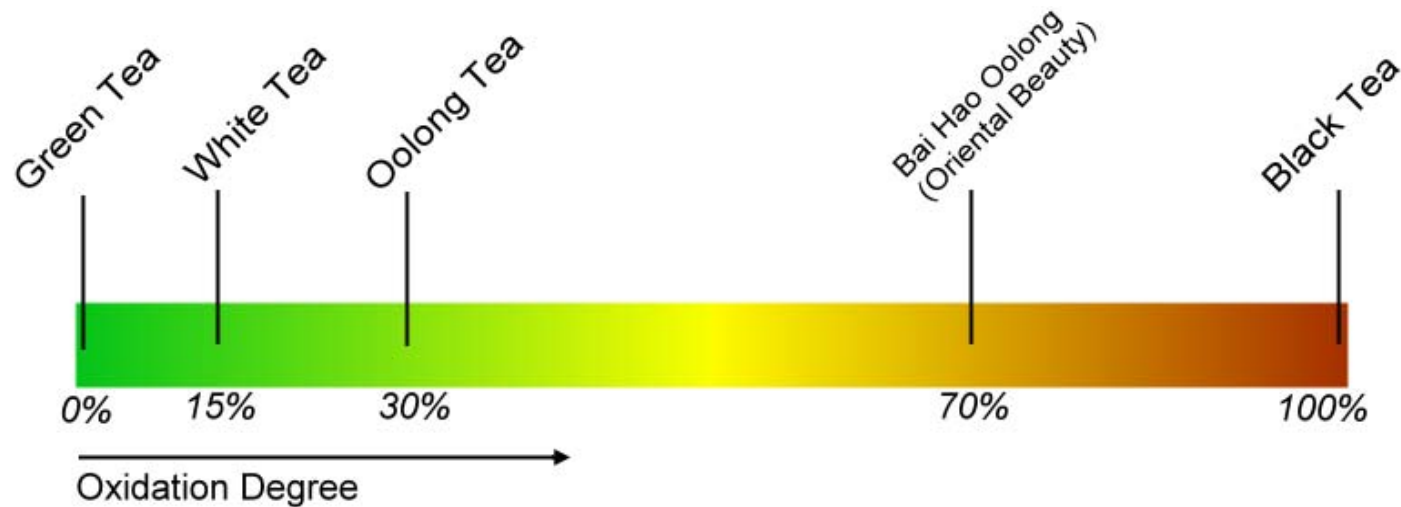
- Oolong Teas
 - What is oolong teas?
 - Types of oolong teas
 - Hand-Harvested vs. Machine-Harvested
 - Oolong tea tasting
- Pu-erh Teas
 - What is pu-erh teas?
 - Uncooked (Raw) vs. Cooked (Ripe)
 - Pu-erh tea tasting
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- Q&A

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What is Oolong Tea



- Oolong tea is a partial-oxidation type of tea.
- Because of “partial”, oolong tea is the most difficult and versatile tea to produce.



What is Oxidation in Tea?

- Need to first go through a “withering” step to break the cell membranes in leaves so as to activate the oxidation process.
- Green is rich in catechins, polyphenols that are stronger free radical scavengers than Vitamin C or E.
- During oxidation, several catechins combine to form a bigger molecule.
- Oxidation changes the more vegetable aroma of Green Tea to floral, fruity or even nutty aroma.
- Oolong Tea and Black Tea have the same antioxidant strength as Green Tea.

Origin of Oolong teas



- It originated in Fujian province, China.
- Later the processing skills were spreaded to Guangdong and Taiwan.

Two Main Types of Oolong Teas



Stripe-shaped:

Bao zhong (Pao chong),
Wuyi yan cha (rock tea)
GuangDong Feng Huan
Bai Hao oolong



Ball-shaped:

Tie Guan Yin
Formosa High-Mountain oolong
Dong-Ding oolong
Nantou oolong



After brewing ...



2005 Spring
Wuyi yan cha
Da Hong Pao



2006 Spring
Hand-harvested
LuGu (Deer Valley)
Chin-Shin Oolong



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Hand-Harvested vs. Machine-Harvested



Note how the leaves and stem are naturally connected.



Hand-Harvested

Machine-Harvested

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Is Hand-Harvested Tea Always Better?

- Hand-Harvested Tea: better quality, longer brewing strength, more expensive.
- Machine-Harvested Tea: for mass-production, shorter brewing strength, cheaper.
- But tea processing skill still plays the vital role.
- All Formosa High-Mountain Oolongs are hand-harvested.



Four Common Oolong Cultivars in Taiwan

- Chin-Shin (green-centered) Oolong – the most traditional type of oolong. Most expensive.
- Jinxuan (Golden Daylily) – creamy/floral aroma and soft liquor quality.
- Jade – Orchid floral aroma, more traditional style taste.
- Si Ji (four seasons) – strong growing strength, vivid and refreshing floral aroma.



What is Pu-erh Tea?

- Pu-erh Tea in Chinese history can be traced back to Tang Dynasty (618~907).
- Traditionally consumed by Tibetans and Mangolians to help provide necessary nutrients and balance their greasy and high-protein diets.
- Popular in Hong Kong dim sum restaurants.
- The hottest tea in Asia; a 50's cake could be easily worth US\$4000 per 357g cake.
- Can age like fine wines.



What does Pu-erh Tea look like?



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Different Shapes of Pu-erh Tea



Cake



Mushroom



Brick



Bowl

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Where Is Pu-erh Tea From?



- Pu-erh Tea is produced in Yunnan province, China.
- Transported to many places by “horse services”

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The Broad-leaf Tea Trees in Yunnan



- Yunnan is the birth place of tea trees.
- Many ancient/old wild tea trees still exist.
- Only the bud and tender leaves are used to make pu-erh.

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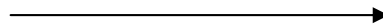




Let's See What's Inside the Wrapper



After Brewing



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Uncooked Pu-erh vs. Cooked Pu-erh

Uncooked



Floral, fresh,
uplifting, intense
Good aging potential

Cooked



Mellow, earthy, round,
calming.
Little aging potential

- One of the most important things to know when buying Pu-erh Teas.

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Pu-erh After Aging



A 2006 Uncooked



A 1997 Uncooked

- Pu-erh is a post-fermentation type of tea.
- As it gets older, it develops more complex aroma and a sweeter/mellower taste.

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Health Benefits of Teas

- Antioxidant
- Heart Disease
- Bone Mineral Density
- Cancer Prevention
- Relaxing muscles and Hypertension
- Weight Control and Fat Oxidation
- Lowering cholesterol (LDL)

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Health Benefits of Oolong and Pu-erh

- Oolong tea increases metabolic rate and fat oxidation by 12%. (ref: *J. Nutr.* 131: 2848-2852, 2001)
- Pu-erh tea can selectively lower LDL and increase HDL (*J. Agric. Food Chem.* 53(2) 2005).