

Iced Tea with a Twist

2 strong tea bags such as Tetley (if you have weaker bags, use 4 tea bags)

1 whole orange (for the peel and for garnish), scrubbed

3 rounded (not heaping) tablespoons granulated sugar

1/4-1/2 cup of Cointreau or other orange liquor, if using alcohol

Directions:

Using a very sharp peeler, peel 3 big strips from the orange, using as little of the white pith as possible since it's bitter. Place into a quart/liter jar or pitcher the tea bags, orange peel and sugar. Add 1/4 to 1/3 cup boiling water and swirl around until sugar dissolves. Let tea brew for about 4 minutes (don't do longer or the tea gets a nasty "stewed" flavor). Add water and ice and stir with a long spoon, fishing out the tea bags and discarding them. Best to let tea infuse in fridge for about an hour, but half an hour is fine. Add the liquor to the pitcher just before serving, if desired. Fill glass with ice, garnish with a slice of orange and pour tea over ice.