

泰米爾納德邦是印度其中一個主要產茶區，山間遍植茶樹。印度的茶葉（右圖）產量世界第二，僅次於中國

The hills of Tamil Nadu form just one of India's major tea-growing regions. Tea produced in the country (right) constitutes the second largest volume in the world, after China

天竺

GROWING APPEAL 茶香



印度在茶葉開發方面雖然起步較晚，卻有後來居上之勢

India may have got off to a late start in the tea business, but it's more than making up for lost ground

撰文/TEXT SHOBA NARAYAN



工人將整片的焙乾茶葉與碎茶葉分開（最左圖），後者用來製作茶包

時尚茶吧Infinitea（左中圖）陳列各種茶葉，包括紅茶、綠茶、草本茶和果茶

專業品茶師（上圖）在品評多種來自著名產茶區大吉嶺的茶葉（左圖）

A worker sorts dried whole leaves from broken leaves (far left), which end up in teabags

Bengaluru's Infinitea tea shop (centre left) offers a range of black, green, herbal and fruit teas

Expert tasters (above) sample tea varieties from the famous Darjeeling region (left)

子皿

買商人Kishore Mariwala除了主理極具規模的家族生意外，也是一位甚有要求的品茶專家。他說：「我家嚴禁茶包出現，那種東西令人反感。」早上起來，他只會喝六月採收的頂級大吉嶺次摘紅茶（又稱夏茶），令自己精神煥發；白天其餘時間，則會喝三月中旬採收、味道淡雅的初摘茶（又稱春茶）。這位75歲的品茶專家認為，阿薩姆及尼爾吉利紅茶均不及大吉嶺紅茶，至於肯尼亞及坎格拉出產的茶葉，更不敢恭維。

Mariwala十分欣賞中國綠茶，但說到紅茶，卻認為大吉嶺比中國紅茶更勝一籌。他用玻璃壺泡茶，對泡茶過程有嚴格的要求。他說：「水一定要非常清新細滑，含鹽量必須低於200ppm（百萬分率），煮至接近沸點時，就可用來泡茶。放一茶匙茶葉，注入適量的水，泡約三至五分鐘，然後輕輕倒入杯中，即可享用。」

中國有過千年的品茶歷史，但印度要到18世紀末才開始種植茶葉出售。一直到1950年代，在印度政府的

大力宣傳下，茶才漸漸成為大眾歡迎的飲品。茶拍賣行J. Thomas前任副主席兼行政總裁Viveck Crishna表示，時至今日，印度已成為全球第二大產茶國，僅次於中國，去年，印度的茶葉總產量高達12億公斤。

世界各地的愛茶人士，總會將印度與香料奶茶連在一起。香料奶茶源於古代，當時印度人喜愛把茶葉加上香料，再放進口中咀嚼，用來治病。不同地區的香料奶茶，配料會略有不同，但總離不開荳蔻、丁香、肉桂、茴香籽、胡椒及乾薑等。全部香料會研成粉末，存放於瓶內，方便隨時加入茶中飲用。至於生薑茶所用的香料，主要是薑蓉，同樣廣為大眾喜愛。

現在很多商店都有現成的奶茶香料出售，方便從早到晚茶水不斷的印度家庭，把香料加入茶中調味。Nayantara Pal Choudhuri是加爾各答一家茶園的第四代園主，也是印度茶葉協會國家茶葉委員會成員。她表示：「我們應開設更多茶吧，並教育印度新一代，令他們知道綠茶的益處。早在千百年前，中國人已知綠茶有益健康。」

茶吧在印度各地紛紛湧現，茶吧連鎖店Cha Bar也是推動潮流的一份子。除連鎖店外，印度不少大城市也有獨立經營的茶室，如班加羅爾的Infinitea。前來光顧的青年

Photos: Sorting leaves: Suzanne Lee. Darjeeling tea: Copyright Gavin Gough. All Rights Reserved. Tasters: Steve Raymer - National Geographic Society/Corbis/IC

Photos: Previous pages: Tamil Nadu field: Jonathan Kingston. Jar of tea with spoon: Alamy/Argusphoto

KISHORE MARIWALA heads a prominent Mumbai family business and is a demanding tea connoisseur. "Teabags are not allowed in my house," he says. "I consider them obscene." He drinks only the finest second-flush Darjeeling tea, harvested in June, to wake up in the morning; and a floral first-flush tea harvested in mid-March to drink during the day. The 75-year-old considers Assam and Nilgiris teas inferior to Darjeeling and isn't polite about Kenyan and Kangra teas.

He does admire Chinese green teas but thinks Darjeeling black tea is superior to Chinese black tea. He uses a glass teapot to brew and is rigorous about the process. "The water has to be very fresh, very soft, with a salinity of less than 200 ppm [parts per million]. Heat it to just below boiling and pour the required amount to a teaspoon of tea leaves. Brew for three to five minutes. Decant and enjoy."

Unlike in China, which has a history of tea drinking stretching back millennia, commercial

tea cultivation in India only started in the late 18th century. It wasn't until the 1950s and following a government campaign that tea drinking finally became popular with the general public. Today, India has the second-largest tea industry after China, producing 1.2 billion kilograms last year, according to Viveck Crishna, former Vice-Chairman and Managing Director of tea-auctioneering firm J. Thomas.

Global tea drinkers may associate the country with masala chai, an Indian invention that dates back to when Indians chewed tea leaves laced with spices for their medicinal properties. Regional variations aside, the typical masala-chai recipe includes cardamom, cloves, cinnamon, fennel seeds, pepper and dried ginger, all of which are powdered together and kept in bottles to be added to the chai. Adrak chai, another popular form of the beverage, is made primarily from freshly grated ginger.

才俊會查詢有關初摘茶、次摘茶及白茶
的種種，再挑幾款回去試飲。Infinitea
位於熙來攘往的Cunningham Road，
店內以照片及現代家具作裝潢，令
人耳目一新。在加爾各答的Dolly's
The Tea Shop，亦有不少見多識廣的主
顧，要求店內調配適合他們口味的茶。至
於特許經營的Chai Point，則為忙碌的
上班族送上一壺一壺的茶。此外，每個
社區內總有位「大嬸」，提著裝滿香料奶
茶的不鏽鋼壺，向地盤工人及守門人兜
售，賺取微薄的收入。

事實上，印度茶業發展一直緊貼時代步伐，即使遠在尼
爾吉利山脈的殿堂級茶園Korakundah，如今亦出售有機
茶包；而網上茶葉專門店如大吉嶺
的Tea Emporium，經銷網絡更遍
及印度全國以至世界各地。

**航程
FLIGHTS**

港龍航程
班加羅爾：
每天有航機
加爾各答：
每周有5班航機

DRAGONAIR
Bengaluru:
Daily
Kolkata:
5 x Weekly

熱愛品茶的Kishore Mariwala
一直與拍賣行及頂級茶行保持良
好關係，確保能獲得上品茶葉。對
Mariwala及其他同好來說，品茶不
只是一種日常習慣或令人愉悅的享
受，而是像日本茶道般的神聖儀式。
Pal Choudhuri更坦言：「我對茶情
有獨鍾，它是印度文化遺產的一部
分。認識茶文化有助提高修養，能令
你成為一個更優秀的人。」

連鎖式經營的茶吧
Cha Bar (上圖及
右圖)深受印度
青年才俊歡迎
Tea bars such as
the Cha Bar chain
(above and right)
are popular among
India's young
professionals

Today, ready-made chai-masala powders are sold
at many stores and used to season batches of tea
that Indian homes serve throughout the day. "We
need to introduce the concept of tea as a health
drink to Indians," says Kolkata-based Nayantara
Pal Choudhuri, a fourth-generation tea-estate
owner and a member of the National Tea Com-
mittee of the Indian Tea Association. "We need to
open more chai bars and teach the next generation
of Indians about the benefits of green tea, some-
thing the Chinese realised centuries ago."

Tea bars are thriving throughout India, a trend
propelled partly by the Cha Bar chain in large cities.
Most metropolitan areas also have independent tea
rooms, such as Infinitea in Bengaluru, where young



professionals ask about first-flush, second-flush and
white teas before buying samples. Decorated with
photographs and modern furniture, Infinitea offers
a refreshing retreat from busy Cunningham Road.
The clientele at Dolly's The Tea Shop in Kolkata is
no less knowledgeable, demanding blends that suit
their specific preferences. A franchise called Chai
Point provides flasks of tea to busy office workers,
while every neighbourhood has an "auntie" with a
stainless-steel container of masala chai she sells to
construction workers and watchmen for pennies.

Even so, the Indian tea industry is moving with
the times and even venerable estates such as Kor-
akundah, high up in the Nilgiri Mountains, now sell
their organic teas in packets, while online tea shops
such as Tea Emporium of Darjeeling ship all over
India and the world.

Meanwhile, devoted tea drinkers like Mariwala
continue to cultivate relationships with auctioneers
and top-end stores to ensure they continue to get the
pick of the crop. For Mariwala and people like him,
drinking tea is more than just a daily ritual or even
a pleasurable luxury, it is a sacred act similar to the
Japanese tea ceremony

"Tea is my passion," says Pal Choudhuri. "It is part
of our heritage and the whole tea culture grooms
you to become a better person." ■

健康品味 Health and happiness

印度人起初將茶當作藥材，而非飲料。大約
十多年前，科學家開始研究茶的益處，其後
連年發現，茶對健康頗有裨益。

研究結果證實，印度紅茶與中國綠茶同樣
有益健康，兩者皆蘊含維他命A、B1、B2以及
鉀、錳和葉酸。研究顯示，印度紅茶含大量
抗氧化物，有助促進健康及預防慢性疾病。
同時，亦有降低血脂（即血液中脂肪含量）
的作用，血脂是膽固醇過高的成因。

茶雖然含有咖啡因，但似乎大部分只會留
在茶葉內，不會滲入茶湯中。茶葉中的咖啡
因所產生的作用，跟咖啡並不相同，有鎮靜
神經系統的功效，令人放鬆之餘，同時有助
集中精神。

就生態足印而言，茶對環境的損害亦較咖
啡為小。根據估計，每沖泡一公升咖啡，需

消耗1,120公升水，當中包括種植、處理和包
裝咖啡豆所需的用水量。但是要沖泡同一份
量的茶，只需120公升水。

撇開對健康與環境的益處，熱愛印度茶
的人，會像酒類學家對待美酒一樣，對土壤、氣
候、地理環境、採收時間以至茶葉的形狀都
十分講究，網上更可找到許多品茶筆記。

品茶人士認為，種
植的環境與採收
的時間均會影響
茶的味道

To aficionados,
terroir and time
of harvest are
important tea-
tasting factors

無論選擇哪種印度茶葉，專家認為，泡茶
的水溫不宜過沸或未煮沸。首先，用少許水
沖洗茶壺，再加入茶葉，份量為每杯一茶匙，
再額外添一茶匙於壺中，令茶味濃郁。用熱
水泡約三至五分鐘，把茶倒出並濾去茶渣，
即可享用。大多數紅茶適宜淨飲，但某幾種
大吉嶺紅茶則可加入少許砂糖調味。



Photos: Cha Bar sign: Donatella Giagnori - Eidon Press/ZUMAPRESS/IC.
Pouring tea: Gireesh Gv - The India Today Group/Getty Images

Photos: Jars with labels: Jane Sweeney - JAI/Corbis/IC

Indians first used tea for medicinal pur-
poses rather than as a beverage, but it is
only in the last decade or so that scien-
tific research has studied its nutritional
merits, with new health properties for
tea being discovered every year.

India's black tea is proving to be
just as healthful as China's green tea,
containing vitamins A, B1, B2, as well as
potassium, manganese and folic acid.
Studies show that Indian black teas
have an abundance of antioxidants that
promote health and prevent chronic
diseases. Black tea also seems to lower
lipid levels, or the fat in blood linked to
high cholesterol levels.

Tea contains caffeine, but it is
believed that much of the substance
remains in the tea leaves rather than
permeating the drink. Caffeine in tea
also seems to work differently from cof-
fee: its components appear to calm the
nervous system, producing a relaxed
but focused state of mind.

Tea also has a smaller ecological foot-
print than coffee. It has been estimated
that 1,120 litres of water go into pro-
ducing a single litre of coffee, a figure
that includes the water used to grow,
process and package the beans. How-
ever, it only takes 120 litres of water to
produce the same amount of tea.

Health and environmental benefits
aside, aficionados of Indian tea treat it
much as oenologists would a wine. Ter-
roir, time of harvest and even the shape
of the tea leaves play a role, and tasting
notes can be researched online.

No matter what kind of Indian tea is
chosen, experts agree that the water
should not be over- or under-boiled.
Rinse the teapot with a little of the
water, then add a teaspoon of leaves for
each cup and one for the pot, steep for
three to five minutes, filter and serve.
Most teas are best served black, while
some Darjeeling blacks may be enjoyed
with just a dash of sugar.