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Unidad 8, Almanaque

La yerba mate en el Cono Sur

How to make or Prepare Mate Tea The Mate the Argentin drink.

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Okay, this how you prepare a mate. And to do so, you need some important things like a straw, the mate straw which we call a bombilla which has a filter on the end of it and you can get them in different materials. Something else you need is a mate cup and they come in all different materials too. And you can also just use a normal cup. Ad of course, the mate itself which is simply loose mate tea and they come in a bag that we keep it in a can. And the most important thing is water. You have to heat your water up in a tea kettle or wherever you can and heat it up until the point of almost boiling but you do not let it boil. And the most traditional way of making the mate is simply doing this. You grab the tea, you pour about half-way full, about there, you flip it over so that the loose tea and the dust stays stuck on your hand, like that, and you don’t have to drink that up. Then you grab the straw, you insert the straw. You grab your water and you drink. Now let me warn you that the first mate is extremely strong and you might get some leaves up but that is pretty much it. And another way you can do it also is first pouring in the water, then the tea, and then drinking it . Everybody has their own way of doing mate. If you want sugar with your mate, you can add sugar to the water or pour sugar on the top. And if you travel of if you are at a park, you can also use a thermos to carry your water in, and that is how you make—.

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