

Yerba Mate Recipe

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Making yerba mate is a simple process and there is such a thing as making stellar yerba mate as opposed to making some that is ok. Who wants to drink mate that is subpar? Not us. If you follow our yerba mate instructions you will make the strongest yerba mate every time.

Yerba mate is made in a similar fashion to tea. What is important is that you do not use boiling water to make mate! The active compounds in yerba mate are destroyed with boiling temperatures. You should soak the water in about 10% of room temperature water and then add boiling or near boiling water to it. This will prevent the temperature of the yerba mate tea from degrading the beverage.

You can use a tea ball or tea bag to make yerba mate. Use approximately 2 grams of yerba mate leaves to make one 8 oz cup of mate. Or you can use our method which is a French press, especially if you are wanting to make a big batch of yerba mate. Once you have a French press you need to figure out how many 8 oz cups of mate it will hold.

1. Add room temperature water to around 10% of the volume first.
2. Add 2 tablespoons of yerba mate leaves for each cup of mate you intend to make and stir well.
3. Top off the French press with boiling water or near boiling water and stir well.
4. Put the plunger on the French but do not plunge it yet.
5. Let the mixture stand for at least 8 minutes. The tea should be very dark at that point.
6. Push the plunger down and you are ready to drink yerba mate. You may have to use a tea strainer to strain out any particles that escape the plunger screen. But if particles dont bother you, go ahead and consume them. Just brush your teeth before going out in public or you may have some stuck in your teeth.