Ceylon Pulled Milk Tea

From the teas.co.uk wiki

Across Sri Lanka, milk tea is brewed strong in the pan with milk and sugar, then pulled: poured back and forth between two cups from as high as your arm will reach. It looks like a party trick, but it does a real job, cooling the tea to drinking temperature and whipping up a soft, frothy head. Ceylon black is the natural choice, being the island's own tea and malty enough to hold its own against the milk.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Ceylon Pulled Milk Tea recipe. Canonical: https://teas.co.uk/recipes/chai-tea/ceylon-pulled-milk-tea/*

Do not worry about a tidy pour the first few times; practise over the sink until you find the rhythm. Start to finish, it takes about ten minutes.

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