Yerba Mate Without the Bitterness

From the teas.co.uk wiki

Yerba mate is South America's answer to coffee, a proper wake up brew with a green, grassy, slightly smoky character. The one thing to get right is the water: never pour it boiling, as that scalds the leaf and turns it harsh and bitter.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Yerba Mate Without the Bitterness recipe. Canonical: https://teas.co.uk/recipes/green-tea/yerba-mate-without-the-bitterness/*

Let the water cool to around 80C, checking with a thermometer or a temperature-controlled kettle, then steep for four minutes. Drunk clean it has a real lift to it, so it is a good morning cup if you want a change from tea or coffee.

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