

HOW TO PREPARE THE MATE INFUSION

1. Fill your new mate gourd 1/2 to 3/4 of the way full with fresh Yerba Mate.
2. Moisten the palm of your hand with a little water, put your hand over the top of the cup tightly and turn the cup upside down and shake it. This fine residue that sticks to the palm of your hand is what gives the mate a slightly bitter taste. You can wash it down the drain. You can do this two or three times before you prepare your first mate. (This step is optional)
3. Warm the water in a tea or coffee pot. The water should never be allowed to boil. It makes the yerba mate bitter.
4. Insert the bombilla in the gourd at a slight angle until it rests at the bottom of the gourd.
5. Now you are ready to brew your yerba mate.
6. Pour the hot water into the gourd, care should be taken not to overflow the water.
7. The server (cebador) will drink the first mate completely to ensure that it flows and is free of debris. Then he refills the mate and passes it to the next drinker who likewise drinks it complete. The gourd can be refilled when it becomes washed or flat.
8. Mate can be drunk "dulce o amargo" sweet or bitter. It can be sweetened with sugar or honey. Other herbs can be added to the yerba mate to enhance its flavor.

Drinking mate is an acquired taste. In South America drinking mate is a tradition that takes place in social settings such as family gathering and with friends.

Millions of people enjoy the benefits of mate drinking on a daily basis. The rest of the world is discovering some of the benefits.



STEP 1



STEP 2 (Optional)



STEP 4



STEP 6



Enjoy with Pastries