



More For Your Cup online at [www.moreforyourcup.com](http://www.moreforyourcup.com) 405-516-2100

#### Organic Earl Grey steeping instructions from Intelligentsia Tea Traders

Use fresh tap water, preferably filtered to remove chlorine. Bottled waters labeled "spring water" work best. Distilled, mineral, or water labeled as "drinking water" should be avoided as they tend to have too much or too little mineral content to produce an ideal cup. In general, softer water requires a shorter steeping time and harder water requires a longer steeping time.

To obtain the best results from Indian black teas, use a 12-20 oz pot made of ceramic or glass, preferably with a strainer built into the spout. If your pot does utilize an infuser basket, make sure it's large enough to allow the tea leaves full contact with the water. If your pot is too large, however, it will yield a watery cup.

Use water that has been heated to a boil and allowed to rest until the bubbling stops. Before adding tea leaves and your heated water, rinse your pot with warm water. Do not use a cool pot to make your tea as it will reduce your water temperature. Please note that many Darjeeling teas steep best at a lower water temperature (175-200 F).

India black teas are quite brisk and tend to be slightly astringent. To properly prepare them, use 1 teaspoon or 2 grams for every 6-8 oz of water. For a stronger cup, use more tea.

Steep the tea for 3-5 minutes. The quality and composition of the water dramatically affects the steeping time so you should experiment to find a time that suits your palate.