



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

Organic English Breakfast Tea 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 a China black tea, use a 12-20 oz ceramic or glass pot with an infuser basket, 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.

China black teas can be prepared using a large amount of tea leaves. The cup will possess a great deal of flavor and body but will not contain the bite or briskness associated with Indian black tea. Measure out 1-1.5 tablespoons or 3-4 grams of tea per 6-8 oz of water. For a stronger cup, use more tea and reduce the steeping time slightly. Using the proper amount of leaves should allow for a second steeping (reusing the leaves for a second pot). Be certain to pour out all of the first infusion so the water doesn't continue to steep the leaves beyond the specified time.

Steep the tea for 2-4 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. For a second steeping, infuse for 30 seconds to a minute.