



HOW TO MAKE TEA LIKE A PRO!

1. Start with freshly drawn, cold, purified water in kettle.

Since tea is made up of 99% water, reverse osmosis or purified water is the #1 key to brewing a proper pot of tea. The subtle flavors of many teas can be destroyed by water that contains heavy concentrations of trace minerals, chlorine, or impurities.

2. Bring water to a rolling boil (212° F) for black teas and remove from heat source. (See temperature chart for other tea varieties.)

Over-boiling the water depletes the oxygen, which results in a flat tasting tea. The water temperature for white and green teas should be 170°–180°. This is just before the boiling point, when the kettle starts to hum.

3. Warm teapot with a small amount of boiling water. Swirl it around the pot, then discard water.

4. Measure one rounded teaspoon (2.5 grams) of loose tea per six ounces of water into the pot.

Remember loose tea brewed in a teapot will begin to taste bitter or stewed after a certain time. It is best to separate leaves from boiling water by straining all the tea into cups ready for drinking or strain the brewed tea into another warmed teapot and cover with a tea cosy or use a teapot warmer. Or you may choose to use a brewing basket, T-Brew® paper filter or another type of infuser to remove spent leaves.

5. Pour boiling water over tea leaves and place lid on pot.

6. Cover the pot with a tea towel or cosy during steeping time.

7. Steep tea according to the time indicated in chart.

Steeping time varies depending on the tea leaf size. As a general guide the smaller the leaf size, the shorter the steeping time. Over 3,000 types of tea are produced around the world and come from the native evergreen plant of China—Camellia sinensis. All true teas (not herbal tisanes or rooibos) are made from the leaves or buds of this evergreen plant.

8. Remove spent leaves. Serve and enjoy!!

Sugar, lemon, cream or milk can be added to your preference. Some teas may be taken with lemon or cream/milk, but never together. The citric acid of the lemon will curdle the cream/milk.

| TEAS | TEMPERATURE | TIME |
|---|--------------|-------------|
| White* | 170°–180° F. | 2–3 minutes |
| Green* | 170°–180° F. | 1–3 minutes |
| Jasmine | 180°–185° F. | 1–2 minutes |
| Oolong* | 195°–210° F. | 4–7 minutes |
| Black | 212° F. | 5 minutes |
| Flavored Black | 212° F. | 4–5 minutes |
| Herbal Tisane / Rooibos | 212° F. | 5–8 minutes |
| *Save tea leaves for multiple infusions | | |