

# Brewing Tea

Brewing tea is really quite easy. Here are some instructions for brewing a perfect cup of tea.

First, start with cold, great tasting water. If your tap water does not taste good, then use filtered or bottled water. (I say to use cold water because a typical hot water heater will often add contaminants and reduce the amount of oxygen in the water, which is needed for flavor extraction).

Then bring the desired amount of water to a rolling boil. (Do not boil the water for a long period of time because this too will deplete the water of oxygen).

Put approximately 2 grams or 1 tsp. of tea leaves per 6-8 oz. of water into a pre-heated pot or cup (pre-heating will allow the tea to steep at the proper temperature).

Then add hot water according the chart below for the type of tea you are brewing. Please note that these are general guidelines. If your tea container has brewing instructions I would follow those as they are probably ideal for that specific tea.

## About Water Temperature

The water temperature does not have to be exact. The main thing to remember is to not use boiling water for Green or White teas. They will burn and create bitter flavors.

A good way to guess at the water temperature without a thermometer is to bring the water to a boil, and wait about 30 seconds (for white tea) or 60 seconds (for green tea) before pouring over the leaves.

## About Steep Times

The amount of time that the tea steeps will determine its strength. I enjoy different teas at varying strengths. I would suggest that when you buy a new tea, as it is steeping, check the taste every minute with a spoon. This way you can blow on it so you won't burn your tongue!

Let the first cup steep until it's either too strong or you notice bitter elements that are unpleasant. Then take note of when the tea tastes best to you and write it on the package. Besides, who can tell you how you like your tea better than you!

## General Guidelines

Tea	Water Temperature	Steep Time
Green Tea	160 degrees F	1 - 3 minutes
White Tea	180 degrees F	4 - 8 minutes
Oolong Tea	190 degrees F	1 - 8 minutes
Black Tea	Rolling Boil	3 - 5 minutes
Herbal (tisanes)	Rolling Boil	5 - 8 minutes

## One Last Thing

If you are making tea from whole leaves, take time to enjoy the process. Steep the tea in a clear French Press and watch as the tea unrolls and the color oozes out of the leaves. It's a rather hypnotic experience. Then, don't just drink the tea, savor it!

