

# 5

## simple steps to brew the perfect cup of tea

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# 5 simple steps to brew the perfect cup of Stir Tea

1. Start with freshly drawn water to produce a more lively cup of tea.
2. Pre-warm your brewing vessel.
3. Use the right amount of tea leaf, suited to taste. The rule of thumb is 3 grams of dry tea leaf per cup. For most black, green and oolong teas generally a heaped teaspoon is ideal per cup. For specialty white teas or tea styles with a bigger leaf then a tablespoon is recommended per cup.
4. Brew at the optimal water temperature. This varies depending on the type of tea but general guidelines are:

**Black Tea and Herbal & Fruit Blends - Boiling:** Pour water brought to a rolling boil over your leaves.

**Oolong, Green and White Tea - Below Boiling (82 degrees celsius):** Rest a cup of boiled water for around 4 minutes, before pouring over your tea leaves or blend around 15% cold and 85% boiling water and pour across your leaves.

5. Steep your tea leaves long enough so they can release their aromatic oils and complex flavours:

**Black Tea:** 3 - 5 minutes (if you like your black tea strong or take it with milk then we suggest you are in the 4 - 5 minute range)

**Green and White Tea:** 2 - 4 minutes

**Herbals & Fruits:** 5 - 10 minutes

**To get the most from your loose leaf tea we recommend you:**

- Store it in an airtight container in a cool dark place away from strong odours. We do not recommend storing it in the fridge.
- Steep your tea in a vessel that allows the water to circulate around the leaves so they can fully expand and release their goodness.
- Brew your oolong, green and white tea leaves more than once. Using the same leaves, simply extend the steep time of each subsequent infusion. Ensure all liquid is drained off the leaves each time.
- Refer to the suggested brew guidelines on the front of each resealable Stir tea pack.
- Visit us online for more tea ideas, recipes and to buy beautiful loose leaf tea.



[www.stirtea.co.nz](http://www.stirtea.co.nz)

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