

How do I steep loose leaf teas?



1). Pour fresh, cold water into a saucepan or kettle. Don't use distilled or previously boiled water as it may negatively affect the taste of your tea. Instead, start with fresh, cool water from the tap. Use an electric kettle, stovetop kettle to warm up the water.

2). Heat the water until it reaches 160 to 212 °F (71 to 100 °C). Remove the water from its heat source once it begins to steam, simmer, or reach a rolling boil. Depending on the tea variety you're preparing, you may need it to be slightly warmer or cooler to bring out the best flavors in the leaves.

3)Weight out 2 grams of loose leaf tea for every 6 fl oz (180 mL) of water. Since tea leaves come in different shapes and sizes, it's best to measure out your tea by weight (i.e. grams) rather than by volume. But if you do measure by volume, start with roughly 1 teaspoon for smaller leaves and about 1 tablespoon for larger leaves. Spoon out your desired amount of tea into a tea strainer or teapot, depending on how you plan to steep it.

- A teacup holds about 6 fl oz (180 mL) of water, but since most coffee mugs hold about 10 to 12 fl oz (300 to 350 mL)

of water, you may need to double the amount of loose leaf tea you use in a larger mug.

- The amount of tea you decide to use is completely a matter of taste. Steep more or less to see which flavor you prefer

4). Steep the tea in hot water for 5 minutes. Pour the hot water directly over the tea leaves and allow the flavors to seep out for a few minutes. Different tea varieties require slightly different steeping times, so be sure to follow the instructions on the packaging. If you're not sure how long to steep the leaves, start with 3 minutes for your first cup. Then add 30 more seconds for each subsequent cup until you find the perfect taste.

- Avoid steeping tea longer than 5 minutes; it will only taste bitter. If you want a stronger cup, just add more tea leaves and keep the timing the same.
- Since herbal teas don't contain any actual tea leaves, they can often be left to steep longer without taking on a bitter flavor.

5). Remove the tea leaves from the water once they've steeped. How you do this will depend on the type of strainer you're using. Basket-style strainers, metal or silicone infusers, and filter bags can be lifted out of your teapot or cup to stop the infusion. Place the strainer on a spoon rest or saucer to catch the drips from the soggy tea leaves.

- If you steeped the tea directly in the teapot, hold a strainer over your teacup to catch the damp leaves as you pour out the tea.
- Discard the used tea leaves while they're damp, or wait until they've dried out to more easily tip them out of the strainer.