



*F*unmi's
ROYAL TEA

TEA BREWING CARD

How to prepare each type of tea.

The preparation of tea is done by placing tea leaves in contact with water, which must occur under prime condition.

When brewing tea, maximize the surface area and give the leaves enough space to move. The leaves will unfurl after contacting water and release their various components. The water takes on the color and fragrance of the leaves and assumes a distinctive texture and a variety of flavors.

The longer the leaves are in water the more thoroughly the components are dissolved. Maximize the surface area and give the leaves enough space. If you allow the complete unfurling of the leaves of a traditional black tea (a Darjeeling or a Yunnan, for example) during the brewing process, they can occupy four times their original volume. Japanese green teas can expand seven times, and oolong pearl teas (such as Dong Ding, Gao San Cha, or Tie Guan Yin expand 18 times!

*From the 'Tea Sommelier - A step by step guide.'

Measuring tea.

This is the traditional recommended guideline of 1 teaspoon/2g of leaves per cup or 3.5 to 5 ounces/100 to 150ml of water.

Choosing the right Water

Water plays an essential role in the quality of tea. To understand its effect, try preparing your usual tea with water from a different source.

Tap water is excellent in some areas, but check its chlorine and calcium levels.

Choose water with a neutral pH (7), a measurement that identifies the acidity or alkalinity of water. To get the best out of your tea, make sure the water is neither acid nor alkaline.

Instead of spring water, you can use water from an active charcoal filter device, as is frequently done in Japan.

The Chinese believe that the water best suited to a tea is water sourced from the mountains where the tea is cultivated

Tea at the right water temperature

Each tea infuses differently in water. Some green teas should never be exposed to water heated to over 122F/50C, but a black tea, such as a high grown Sri Lanka, will only yield its best when brewed with water over 194F/90C.

Water should never actually boil, this applies to every type of tea. As water heats, the gases in the air dissolved in the water, including oxygen, gradually evaporate. At 104F/40C, you will see fine bubbles begin to form. These gases are released throughout the heating process, and when water comes to full boil, all of the oxygen evaporates. But this gas plays an important role in the flavor of tea, it facilitates the transmission of the aromatic components.

Kettle

An electric tea kettle with a thermostat is an essential appliance for every tea lover. It enables you to brew tea at exactly the recommended temperature.

Infusion time

Tea leaves release their various components (caffeine, Tannis, Aromas), into the water at different times.

If you let the tea leaves steep too long, these components may dissolve to excess. There is an ideal infusion time for each and every tea, depending on the tea variety and preparation method.

How to store tea.

Tea should be stored in an opaque, water proof container. Air, heat, light, humidity, and odors – which tea leaves rapidly absorb – can cause a significant decline in quality.

Brewing Instruction

Green tea*

MEASUREMENTS	
Tea type	Amount (per 6 ounce of water)
Green teas from China	1 to tablespoons for leafy tea 1 to 2 teaspoons for bud tea
Green teas from Japan	1 to 2 teaspoons
Green tea from Korea	1 to 2 tablespoons
WATER TEMPERATURE	
Tea Type	Temperature
Spring green teas from China	160 to 170°F
Greens teas from Japan	160 to 170°F
Green teas from China	170 to 180°F
Green teas from Korea	170 to 180°F
STEEPING TIME	
90 seconds to 2 minutes	
NUMBER OF STEEPING	
One to three	

*table from 'THE TEA ENTHUSIAST'S HANDBOOK PAGE 61

White Tea*

MEASUREMENT	WATER TEMPERATURE
2 tablespoons for leafy tea 2 teaspoons for bud tea (Per 6 ounces of water)	160 to 170°F
STEEPING TIME	NUMBER OF STEEPINGS
90 seconds to 2 minutes	One to three

*table from 'THE TEA ENTHUSIAST'S HANDBOOK PAGE 87

Black Tea*

MEASUREMENT	WATER TEMPERATURE
2 teaspoons of leafy tea 1 teaspoon for orange pekoe grades or CTC (per 6 ounces of water)	190 to 200°F
STEEPING TIME	NUMBER OF STEEPINGS
3 1/2 minutes for small leaf of CTC tea; 3 1/2 to 5 minutes for orthodox leaf	One (possibility for a second steeping of large orthodox leaf, only if briefly steeped for the first infusion)

*table from 'THE TEA ENTHUSIAST'S HANDBOOK PAGE 136

Oolong Tea

MEASUREMENT	WATER TEMPERATURE
Begin with 2 to 3 tablespoons (5 to 6 grams) of tea (Per 6 ounces of water)	180 to 200°F
STEEPING TIME	NUMBER OF STEEPING
First rinse the tea: place the tea into the teapot or gaiwan, add heated water, and swish it gently around the inside of the vessel. Quickly pour off this rinse water and discard it. Add more water to steep the first infusion.	Four to eight or more, depending on the type of oolong tea and its age. Semiball-rolled-style oolongs hydrate more slowly than strip-style oolongs; aged versions of each hydrate more slowly again have greater staying power, thus yields more steeping.
INFUSION TIMES	
Infusion Number	Time
First	10 seconds to 1 minute
Second	15 seconds to 65 seconds
Third and additional	Increase time by 5 to 10 seconds for each steeping, and as the flavor begins diminishing, add an additional 30 seconds for each remaining infusion. Steep at a slightly higher temperature for each successive infusion.

Herbal Tea*

MEASUREMENT	WATER TEMPERATURE
1 teaspoon of tea leaves per cup of water	212°F
STEEPING TIME	NUMBER OF STEEPS
Let it steep for at least 5 minutes	One
Here are the best temperatures and times for the most common herbal teas:	
Tea type and measurement	Temperature and steep time
Chamomile - use 1-2 teaspoons of leafy tea	212°F for 5 minutes
Mint - use 1-1 ½ teaspoons of leafy tea	212°F for 5 minutes
Rooibos - use 1 teaspoon of leafy tea	212°F for 8-10 minutes
Rosemary - use ½ -1 teaspoon of leafy tea	212°F for 10-15 minutes
Linden flowers - use 1 teaspoon of flowers	212°F for 10 minutes
Rose hips - use 1-2 teaspoon of rose hips	212°F for 10-15 minutes
Hibiscus - use 1-2 teaspoon of flowers depending on their size	212°F for 5-10 minutes
Yerba mate - use 1 teaspoon of leafy tea	203-208°F for 3-5 minutes
For blends with two or more ingredients, follow the instructions on the label. In the absence of instructions, use the water temperature and steep time recommended for the most delicate ingredient in the blend.	

*Information from <https://simplelooseleaf.com/blog/herbal-tea/how-to-brew-herbal-tea/>

Pu-erh Tea

MEASUREMENT		WATER TEMPERATURE	
4 to 5 grams per 100 ml capacity 3 tablespoons (5 to 6 grams) 150 ml capacity 4 tablespoons (6 to 7 grams) 200 ml capacity		205 to 210°F	
STEEPING TIME			
<p>Choose a gaiwan or unglazed clay teapot that is between 150ml and 200ml in size. The first pour of hot water is the 'rinse water' for washing the leaves. Pour it on and immediately pour it off.</p> <p>Add more hot water and steep the tea for twenty-five seconds. Drain the tea into a tea pitcher and serve.</p>			
INFUSION TIMES			
Infusion Number		Time	
First		Rinse (rinse a second time if the tea is old beeng cha or if it seems particularly dusty)	
Second		25 seconds	
Third		30 seconds	
Fourth		35 seconds	
Fifth		40 seconds	
Sixth		45 seconds	
Seventh		50 seconds	
Eighth		55 seconds	
Ninth		60 seconds	
Tenth		90 seconds	

Section 6

Favorite teas

What are your favorites?

GREEN TEA	
WHITE TEA	
BLACK TEA	
OOLONG TEA	
PU-ERH TEA	
HERBAL TEA	