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Unbreakable Rules for Brewing the Perfect Cuppa

If you're wondering how to brew tea so that it ticks all the taste and comfort boxes, you've come to right place. While the act of popping a teabag in a mug then adding hot water and perhaps a splash of milk may sound simple enough – there's a specific art to master. And yet, despite being a nation of avid tea drinkers, this art is often overlooked.

The 5 rules to know:

Rule 1: Always use fresh water

Rule 2: The water temperature

Rule 3: How many tea bags

Rule 4: The ultimate brew time

Rule 5: Milk and sugar

You see, tea is so much more than just a hot drink you use to dunk your biscuit in. Tea is a daily ritual – from that first boost of the morning to the mid-afternoon slump saviour. Not to mention the end-of-a-really-hard-day cuppa that hits just that little bit different (in these cases, a spoonful of sugar most definitely helps the medicine go down). One thing's for sure: tea is always there for you. And here at Teapigs, we believe everyone deserves to enjoy the best cup of tea – day in, day out.

Thankfully, once you get to know these **five simple rules to achieving that perfect brew** – you'll be well on your way to making each cup as comforting as the last. In a world of 'decaf chai oat milk sugar free vanilla lattes with extra whip', you can be the person who can step in and bring some much-needed clarity to the table.

So, if you're ready to learn how long to brew tea along with our nifty hacks to getting that sweet balance between strength and flavour – keep on reading. We can already hear the kettle whistling...

Rule 1: Always use fresh water

You can't make a cup of tea without hot water, which isn't exactly a ground-breaking revelation. However, did you know that the use of fresh water makes all the difference when it comes to perfecting the ultimate cuppa? We're all guilty of filling up the kettle more than we need to, letting it sit, then flicking it on again in an hour's time for the next brew instalment. However, if you only use freshly drawn water, you're already on your way to mastering your new speciali-tea.

This is because water that has been boiled repeatedly loses its oxygen – resulting in a 'meh' cup of tea that tastes flatter than a rich tea biscuit. Tea leaves take best to oxygen-rich water, as it helps to enhance those complex flavours in the best way possible. Here's how to make sure that you're doing it right:

1. Run the tap a few seconds before adding it to the kettle so the water gets plenty of air.
2. You only want to boil it once, so be sure to only use the amount of water you actually need. This helps to save on energy, too!
3. Aim for 200ml-300ml per person.
4. Enjoy those flavour-boosting benefits.

Rule 2: The water temperature

Now for the next step of brewing tea bags: using the right water temperature. You may be surprised that we're still on the topic of water, but this should give you some idea of the important part it plays in delivering your dream brew.

Get the water too hot, and it can burn the delicate polyphenols in the tea – resulting in that sad, bitter cup that gets left untouched on the desk. Not ideal. Get the water too cold, and it won't allow those flavour-packed compounds to fully develop – resulting in a sad, weak cup lacking in 'oomph'. This is also the sort that tends to get left untouched on the desk.

If you want to bag the perfect brew, it's worth taking note of this handy temperature cheat sheet below. Different teas take to different temperatures. Provide your tea with the right amount of attention, and it will perform like the star of the show it really is.

| Tea | Water Temperature |
|---------|-----------------------------|
| Black | full boil (212°) |
| Green | steaming briskly (175-180°) |
| White | steaming briskly (175-180°) |
| Oolong | almost boiling (195°) |
| Pu-erh | full boil (212°) |
| Purple | steaming briskly (175-180°) |
| Mate | steaming (150-160°) |
| Herbal | full boil (212°) |
| Rooibos | full boil (212°) |

Many of us have stepped up our kettle game with a fancy function that allows you to boil water to a certain temperature. However, if yours doesn't come equipped with this and you're drinking green, white, or oolong tea – just grab the kettle before it fully boils and you should be pouring with smugness.

Rule 3: How many tea bags?

Whether you're making a solo cup to supercharge your home working grind or brewing up a pot to share with loved ones – the amount of tea bags you use is key. Our tea temples are unique in the way that they provide the perfect loose tea serving, but with the convenience of a handy tea bag.

So, if you only have yourself to cater for, one bag is just the ticket. However, if you're making enough tea to match an overflowing tin of biscuits – you'll need a few more to achieve that optimum dunk-factor. The general rule of thumb here for a teapot is two tea bags, plus one extra per slurper. Cheers to that.

Rule 4: The ultimate brew time

Now for the real technical, and often controversial, stuff – how *long* to brew tea. The truth is, we can't provide you with a hard answer to this. Think about your colleagues in the office. Perhaps Jane likes her tea to be so weak it appears to be a mug of watery sugar milk (insert woozy face emoji). But then Greg likes his matcha green teabag left to steep for long as possible – much to your dismay when you realise it's your turn to do the tea round and you have an inbox of emails to tend to.

Ultimately, time lengths for brewing tea bags all boil down to personal tastes. We use whole leaf tea, which need a little longer to brew. If you have a slap dash approach to brewing, you won't get the full flavour. So, take a moment to relax, make your monthly contribution to your Europe 2023 Whatsapp group, and allow those precious polyphenols to do their thing. Unlike the matching tattoos your friends are planning, you certainly won't regret the small wait.

For black teas (that's good old English Breakfast and Earl Grey) we suggest a minimum of at least 3 minutes to get the best cup possible. Herbals tend to need a little longer, so we like to leave the bag in for the whole time. We're mavericks like that.

Still unsure on finding your perfect time? Here's a helpful table you can refer back to for the ultimate sip experience:

| Tea Type | Steeping Time |
|--------------------------|---------------|
| Most black tea | 3–5 Minutes |
| Green tea | 2–3 Minutes |
| White/yellow tea | 2–3 Minutes |
| Fruit & herbal infusions | 3–5 Minutes |

Rule 5: Milk and sugar?

Let's get one thing straight: milk belongs in black or rooibos teas, and black or rooibos teas only. By all means, have a play around with how much you use to achieve your very own perfect brew. Like we say, tea is a personal thing. However, get overconfident with the carton and start experimenting with milk in

white, green or herbals – and Denise from HR (AKA The Darjeeling Diva) will be on to you.

Of course, we live in a world of multiple milk options. From full fat and skinny cows, right through to pea and potato, we're the cats that got the cream when it comes to variety. What you choose to use is entirely up to you, but we'd recommend opting for a barista blend to avoid questionable curdles sitting at the top of your mug. We think Lactose Intolerant Dave will appreciate that greatly.

Now that you've learned everything you need to know about how to brew tea, why not explore our full range of blends to get experimenting? We also have a pretty spectacular range of teaware to help you become the tea pro you aspire to be – because we all know the better the mug, the better the Instagram shot. Be sure to show us how you do by tagging [@teapigs](#) on social.

FAQ

How do you make the perfect cup of tea?

Follow our five unbreakable rules above, and you can't go wrong. Here's our suggested steps to perfecting your brew:

Pop your teabag into your favourite mug.

Pour fresh oxygenated water on top, making sure you're not re-boiling old water.

Let it brew for around 3 minutes (this will depend on your strength preference).

Splash in your desired amount of milk and add sugar if you're not already sweet enough.

Can tea be brewed for too long?

We know stronger brews are some people's cup of tea, but there's a fine line between a brew being pleasantly deep in flavour and just plain bitter. Steep the teabag for longer than five minutes and you'll end up with the latter, so try not to leave it for too long.

Why should you never squeeze a tea bag?

Do you often squeeze the bag to speed up the brew time? We think everyone's guilty from time to time, but it's best to avoid. This is because tannic acid from

inside the tea bag sneaks its way out, creating that unpleasant acidic taste you get from over squeezing.

What is the ratio for tea bag to water?

It's pretty simple with teabags – one per cup will do the trick. If you're more of a loose leaf fan, aim for about 1 teaspoon per 250ml of water. Of course, if you're making enough to sustain a part-tea, a good teapot usually requires around 2-3 bags.