



# How to Prepare Darjeeling Tea

**BOSTON TEA CAMPAIGN: *The World's Finest Darjeeling Tea, Unmatched in Purity and Price.***

## **BASICS**

**Storage:** Always keep tea in a well-sealed container. If you store it in our silver bag, an odor-free closet shelf will do.

**Water:** The water used in the infusion is very important. Use fresh tap water. Water quality varies by region. If necessary, use a water filter or buy non-carbonated mineral water. Do not use water that has been standing in a container for a long time or water that has boiled for a long time.

**Brewing:** For best results, brew tea in a container. With tea nets and tea infusers, take care not to compress the leaves too much.

**Measuring and Time:** The tea's stimulating caffeine develops its full energy within two minutes. Longer infusion adds tannin, which has a calming effect on the gastro-intestinal tract. If the leaves are steeped for too long, the tea's taste might become too strong. To figure out the right balance of steeping time and amount of tea leaves, you should experiment until you have discovered your personal preference.

**Pouring Off:** Before pouring the steeped tea into a teapot for serving, pre-heat the teapot with hot water. Warm water is not sufficient. Pour through a tea strainer into the pot.

**Serving:** Darjeeling, especially the Second Flush, may be enjoyed with a drop of milk. Do not sweeten tea too much; just balance the natural bitterness. Because of its delicate character, we recommend white candied sugar. The best way to keep the tea hot is to use a tea cozy; heat under the pot spoils the tea.

## **BLACK DARJEELING**

For black tea, always boil the water, and let it boil for about 1 minute. Rinse the cup or pot with hot water. Measure your tea, using approximately 1 teaspoon per cup. Pour the boiling water over the tea leaves and steep for 3 to 5 minutes, depending on the taste you desire. Remove the tea leaves or pour off the tea.

## **GREEN DARJEELING**

For green tea, a temperature of 150 to 175 F is best, as it preserves the color, the flavor, and the nutritional value of the tea. Never use boiling water. "Cooking" the leaves will spoil the tea and its flavor. Use 1 teaspoon for 8 to 12 ounces of water. Put the tea leaves into the teapot; pour in the water. Steep for 2 to 3 minutes only. While steeping, do not cover the pot, so as not to scald the leaves. Green tea leaves may be used for a second or third infusion.

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