

# How to make the perfect cup of tea

Making great tea is quick, simple and a wonderful way to start your day or take a break any time throughout the day. Tea is also a great beverage and is the cheapest drink after water.

It's now time to make the tea. First, make sure you have everything ready.

Let's double-check what you need:

- tea (loose leaves are preferred to a pot-size tea bag)
- water
- kettle
- teapot
- infuser\* (from the teapot or some other straining device)
- teacup and saucer.

Once you're sure you have everything ready, just follow these simple steps.

## Cold water

Always start with fresh, cold water. Never use water left in the kettle that has been boiled before or hot water from the tap.

## Teapot

Heat your pot by pouring hot (tap) water into your pot and allowing it to sit while the water for the tea heats to boiling.

Gently add tea leaves to the pot.

Note: For loose tea, depending on individual taste, we recommend a generous half-teaspoon to a level teaspoon per cup.

## Boiling

Never over-boil your water. When it reaches a rolling boil, the water is ready! It does not improve by continued boiling because essential oxygen is released. Regardless of what beverage you are preparing, loss of too much oxygen may cause a flat taste.

## Add water to tea

Always add water to the tea.

Steep† for three to five minutes.

Gently stir.

Serve—best in a fine china teacup.

Relax and enjoy your tea.

\* small, closed, sieve-like container for tea leaves

† allow to soak

Adapted from *The Collected Essays, Journalism and Letters of George Orwell*, Vol. 3, 1943–45, Penguin.

