

## **BLACK TEA**

To make Black tea boil water and leave to cool for 30 sec -1 minute or use water at 203F - 95C. Take care not to pour actual boiling water on to the leaves as this will scald the leaves and damage the flavour. It is important to use good fresh filtered water and to allow time for the leaves to infuse releasing their fragrance and flavour, after pouring (it can be a benefit to use porcelain cups or mugs) drink immediately and do not let the tea over infuse as this can make the taste too strong and slightly bitter. Use either the warm cup or two tea pot methods as described for White Tea, you can use the leaves to brew a second pot but will have subtle changes in taste and aroma

As a guide infuse 1-2 teaspoons per cup for up to 3 - 4mins for depending on the strength you enjoy. Can be drunk with milk and sugar but if you are using a good single estate or first /second flush or a black tea which is flavoured with fruit or flowers then drinking it without milk is highly recommended.

*“There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.”*  
Henry James - *The Portrait of a Lady*

## **ROOIBOS/HONEYBUSH TEA**

To make Rooibos/Honeybush tea boil water and leave to cool for around 1 minute or use water at 185F - 75C to 85C.

Take care not to pour boiling water on to the leaves as this will scald the leaves and damage the delicate taste. It is important to use good fresh filtered water and to allow time for the leaves to infuse and open releasing their fragrance and flavour, after pouring (it can be of benefit to use porcelain cups or mugs).

As a guide infuse 1-2 teaspoons per cup for up to 3 -5mins for depending on the strength you enjoy. Rooibos tea can be drunk with or without milk.

*“If a man has no tea in him he is incapable of understanding truth or beauty.”*  
Ancient Japanese saying

## **FRUIT & HERBAL TISANE**

To make Fruit & Herbal Tisanes boil water and leave to cool for around 1 -2 mins or use water at 158F - 70C. Take care not to pour boiling water on to the leaves as this will scald the leaves and damage the taste. It is important to use good fresh filtered water and to allow time for the leaves to infuse and open releasing their fragrance and flavour, after pouring (it can be of benefit to use porcelain cups or mugs) drink immediately and do not let the tisane over infuse as this can make the taste too strong and slightly bitter. Please also look at how to make Green Tea for description of the two teapot & warm cup method

As a guide infuse 1-2 teaspoons per cup for up to 7mins depending on the strength you enjoy. It is difficult to be precise about brewing times, as there are different plants and fruits parts in each tisane and it also depends on your preference and taste. Herbal tisanes tend to be more delicate and subtle in favour than Fruit tisanes which can have more exotic and intense flavours.

*\*One sip of this (tea) will bathe the drooping spirits in delight, beyond the bliss of dreams.”*  
John Milton - *English Poet*