ONE PAGE SUMMARY

Lifestyle & Hobbies › Tea Appreciation › Tea Brewing

Beginner lessons for Tea Brewing

Master the Art of Tea Brewing with Simple Techniques!

DEFINITION

> Tea brewing is the process of steeping tea leaves in hot water to extract flavor and aroma. Understanding the basics can enhance your tea experience.

KEY CONCEPTS

Water Temperature

Different teas require specific water temperatures for optimal flavor extraction.

Steeping Time

The time you let tea steep affects its strength and taste; follow guidelines for best results.

Tea-to-Water Ratio

Using the right amount of tea leaves to water is crucial for balanced flavor.

Type of Tea

Different types of tea (green, black, herbal) have unique brewing requirements.

Quality of Ingredients

Using fresh, high-quality tea leaves and filtered water greatly improves the final brew.

EXAMPLES

→ Brew green tea at 175°F for 2-3 minutes.

→ Use 1 teaspoon of black tea per cup of water.

→ Steep herbal tea for 5-7 minutes for full flavor.

MEMORY TIPS

★ Remember 'WTSQ' for Water, Time, Steep, Quality.

★ Think of 'Temperature, Time, Tea' as the three T's of brewing.

★ Use the phrase 'Hot, Steep, Sip' to recall the brewing process.

COMMON MISTAKES

✗ Using boiling water for delicate green teas.

✗ Not measuring tea leaves accurately.

✗ Steeping tea for too long, leading to bitterness.

QUICK RECAP

Tea brewing involves understanding water temperature, steeping time, and tea quality. Following these basics ensures a flavorful cup of tea. Remember to adjust your methods based on the type of tea you are using.