

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. Understanding the basics can enhance your tea-drinking experience.

KEY CONCEPTS

Water Temperature

Different teas require specific water temperatures for optimal flavor extraction.

Steeping Time

The duration tea leaves are left in water affects the strength and taste of the brew.

Tea-to-Water Ratio

Using the right amount of tea leaves per cup of water is crucial for balance.

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 can significantly improve flavor.

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 in boiling water.

MEMORY TIPS

- ★ Remember 'WTSQ' for Water, Time, Strength, Quality.
- ★ Think of 'Temperature and Time' as the 'T&T' of tea brewing.
- ★ Use the phrase 'Less is More' for tea-to-water ratio.

COMMON MISTAKES

- ✗ Using boiling water for delicate green teas.
- ✗ Oversteeping tea, leading to bitterness.
- ✗ Not measuring tea leaves accurately.

QUICK RECAP

Tea brewing involves understanding water temperature, steeping time, and tea type. Proper techniques enhance flavor and enjoyment. Avoid common mistakes for the best results.