



## Profile : Adam's Peak Rare White Tea

### Loose - White Tea

November 20, 2025

**CUP CHARACTERISTICS:** Delicate, very light liquoring with notes of pine and honey.

**INGREDIENTS:** White tea.

**INGREDIENTS FROM:** Sri Lanka

**REGION(S):** Nuwara Eliya

**GROWING ALTITUDES:** 4000 - 5900 feet above sea level

**GRADE(S):** Silver Needle Extra Special AA

**MANUFACTURE TYPE(S):** Non fermented, Orthodox, Naturally withered and dried, Small batch crafted, Hand sorted

**ANTIOXIDANT LEVEL:** High

**CAFFEINE LEVEL:** Low

**KOSHER:** Yes

**VEGETARIAN:** Yes

**VEGAN:** Yes

**ARTISANAL NOTES:** Small batch blended and packed in Canada at The Metropolitan Tea Company.

**INFUSION:** Pale golden coppery

**INFORMATION:**

White teas are very rare and good quality specimens such as this are seldom found outside of China. The little buds that form on the plant are covered with silver hairs that give the young leaves a white appearance. They are carefully picked by hand, sun dried (some white teas are gently steamed in a pan to evaporate the water content) and then packed in air-tight containers. When brewed, white teas give hardly any color and infuse a very delicate flavor into the water. Near Adam's Peak, the cloud kissed and mist blown slopes are blessed with some of the finest teas on Earth. This white tea is especially rare as only 30 kilos are made on a weekly basis. The reason for limited production is that only the best fresh shoots are selected and then withered and sun dried. The tips are silvery and have fresh fuzz similar to that on a peach. The heady aroma is unlike that of any other tea and is somewhat piney. The subtle taste may only be appreciated with an experienced palate, and we encourage tea lovers to initiate themselves to a rare gem. Adam's Peak is one the most sacred mountains in the world. Buddhists believe the footprint on the summit is that of Buddha; Hindus hold it to be the mark of Shiva; Muslims are convinced it is that of Adam, who wept after the loss of Eden (whereby the mountain got its name); and some Christians believe the indentations were caused when St. Thomas, Christ's Apostle who came East, prayed at the peak.

**STEeping TIME**

TEA CUP	8oz (237ml)	10oz (296ml)	12oz (355ml)
AMOUNT	1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	1.5 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)
MILD	1-2 min	1-2 min	1-2 min
MEDIUM	2-3 min	2-3 min	2-3 min
STRONG	3-5 min	3-5 min	3-5 min
<b>MetroTea recommends 3-5 min</b>			

TEA POT	18oz (532ml)	36oz (1064ml)	48oz (1419ml)
AMOUNT	2 heaping teaspoons of "The Perfect Measure Spoon" (11MS-1370-)	1 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)	2 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)
MILD	1-2 min	1-2 min	1-2 min
MEDIUM	2-3 min	2-3 min	2-3 min
STRONG	3-5 min	3-5 min	3-5 min
<b>MetroTea recommends 3-5 min</b>			

**SERVING RECOMMENDATIONS:**

MILK	SUGAR	LEMON	MINT
NO	NO	NO	NO





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**IDEAL BREWING TEMPERATURE:** 85°C/185°F. For Food Safety reasons bring water to 100°C/212°F and let it cool down to 85°C/185°F.

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#### **HOT BREWING METHOD:**

Bring filtered or freshly drawn cold water to a rolling boil. Place 1 slightly heaping teaspoon of loose tea for each 7-9oz / 200-260ml of fluid volume in the teapot. Pour the boiling water into the teapot. Cover and let steep for 3-7 minutes according to taste (the longer the steeping time the stronger the tea).

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#### **ICED TEA BREWING METHOD (Pitcher): (To Make 1 Liter/Quart):**

Place 6 slightly heaping teaspoons of loose tea or 6 tea bags into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 1 1/4 cups/315ml over the tea. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the leaves or removing the tea bags. Add ice and top-up the pitcher with cold water. A rule of thumb when preparing fresh brewed iced tea is to increase the strength of hot tea since it will be poured over ice and diluted with cold water. (Note: Some luxury quality teas may turn cloudy when poured over ice. This is a sign of luxury quality and nothing to worry about!)

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#### **ICED TEA BREWING METHOD (Individual Serving):**

Place 1 slightly heaping teaspoon of loose tea or 1 tea bag into a teapot for each serving required. Using filtered or freshly drawn cold water, boil and pour 6-7oz/170-200ml per serving over the tea. Cover and let steep for 5 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the leaves or removing the tea bags. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. A rule of thumb when preparing fresh brewed iced tea is to increase the strength of hot tea since it will be poured over ice and diluted. (Note: Some luxury quality teas may turn cloudy when poured over ice. This is a sign of luxury quality and nothing to worry about!)

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**FOOD SAFETY ADVISORY:** We strongly recommend using filtered or freshly drawn cold water brought to a rolling boil when brewing all types of tea. Today's water has been known to carry viruses, parasites and bacteria. Boiling the water will kill these elements and reduce the potential incidence of water-borne illnesses.

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**RECOMMENDATION:** We recommend the use of our '1 Cup of Perfect Tea' measuring spoon (Item# 11MS-1370) for best results. Please contact Metropolitan Tea to place an order.

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**ANTIOXIDANT BENEFIT:** For a greater antioxidant benefit brew longer and use more tea.



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