



Profile : Cream Irish Breakfast

Loose - English Favourites Tea

November 20, 2025

CUP CHARACTERISTICS: All the traditions of Irish tea and then some! Creamy caramel highlights dot a wickedly full-bodied tea. Milk accentuates the golden cup.

INGREDIENTS: Black tea, Natural flavors.

INGREDIENTS FROM: India / Sri Lanka / Kenya

REGION(S): Assam / Nuwara Eliya + Dimbula + Uva / Nandi Highlands

GROWING ALTITUDES: 500 - 6500 feet above sea level

GRADE(S): OP (Orange Pekoe)

MANUFACTURE TYPE(S): CTC (Cut, Torn and Curled) and Orthodox (Traditional leafy)

ANTIOXIDANT LEVEL: High

CAFFEINE LEVEL: Medium

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Bright and coppery

INFORMATION:

Here's to Ireland, the country that can lay claim to the honor of having the most tea drinkers per capita in the entire world! The average Irishman, when not hoisting a Guinness, imbibes an average of 6 cups a day. Even with the country's relatively small population of 3.9 million, that's almost 24 million cups a day!

Tea and Ireland go way back. The drink was first introduced to the country in 1835 by British traders when Ireland was still part of the British Empire. Maintaining a secure supply was never a problem as Ireland relied on British importers for a steady flow of the drink - that is until WWII. During the war, Britain was forced to ration foodstuffs of all kinds, tea included, throughout the Empire. The problem for Irish tea-drinkers arose when part way through the war, much to the consternation of the British government, Ireland declared itself neutral in the global conflict. The British retaliated for what they saw as an act of subversion by cutting their tea ration down to almost nothing. Undaunted, the enterprising Irish government set up its own tea importing company, Tea Importers (Eire) Ltd., and tea drinkers throughout the Emerald Isle rejoiced!

In honor of the tea drinking spirit of the hardy Irish, we've developed this good strong blend. This blend, like most tea consumed in Ireland these days is made from East African and Ceylon varieties with a special addition - a good strong Assam. The addition of the Assam adds a depth to the tea that is beautifully offset by the addition of cream, another Irish favorite. This is one tea that'll have you standing up singing Danny Boy in no time!

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 | 2-3 min | 2-3 min | 2-3 min |
| MEDIUM | 4-5 min | 4-5 min | 4-5 min |
| STRONG | 6-7 min | 6-7 min | 6-7 min |
| MetroTea recommends 4-5 min | | | |

| 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 | 2-3 min | 2-3 min | 2-3 min |
| MEDIUM | 4-5 min | 4-5 min | 4-5 min |
| STRONG | 6-7 min | 6-7 min | 6-7 min |
| MetroTea recommends 4-5 min | | | |





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SERVING RECOMMENDATIONS:

| MILK | SUGAR | LEMON | MINT |
|------|-------|-------|------|
| OK | OK | NO | NO |

IDEAL BREWING TEMPERATURE: 100°C/212°F

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).

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 tea or removing the bags. Add ice and top-up the pitcher with cold water. Garnish and sweeten to taste. 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.)

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 tea or removing the bags. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. Sweeten and/or add lemon to taste. 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!)

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.

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.

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



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