



Profile : Decaf English Breakfast

Loose - Decaf - English Favourites Tea

November 21, 2025

CUP CHARACTERISTICS: A full bodied tea with a cup tending bright, being consistent with high quality tea.

INGREDIENTS: Decaf black tea.

INGREDIENTS FROM: India

REGION(S): Travancore

GROWING ALTITUDES: 3000 - 4000 feet above sea level

GRADE(S): FP (Flowery Pekoe)

MANUFACTURE TYPE(S): Orthodox (Traditional leafy)

ANTIOXIDANT LEVEL: Medium

CAFFEINE LEVEL: Removed naturally using CO2

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Bright with coppery orange highlights

INFORMATION:

It has long been rumored that the Queen of England insisted on drinking only decaffeinated teas past noon. And it could well be true, since drinking decaf allows those who are caffeine sensitive to reap all the health benefits of tea without getting the jitters. Tea, proper tea that is, produced from *Camellia Sinensis*, naturally contains polyphenols and antioxidants for an added boost of wellness to enhance an already delicious drink. The problem for many years was that decaffeinated teas were sub-par in flavor. At the factory level, finished tea underwent a chemical-based decaffeination process that stripped the caffeine and with it many of the natural healthy compounds found in the untreated leaf.

We're pleased to have had a hand in changing this dismal situation by introducing the 'Canadian Chemical Free CO2 Process' into the market. This process, developed in partnership with overseas tea manufacturers and Canadian food scientists, removes caffeine without using chemicals of any sort. Instead, finished tea is briefly soaked in exceptionally pure water and gently flushed with CO2. The CO2 binds to the caffeine molecules and extracts them from the tea leaving behind all the natural proteins that give tea its flavor. It also leaves many of the polyphenols and antioxidants intact.

For a decaf, the cup is decidedly self-assured with lovely floral notes, medium body, balanced astringency, and long finish. A wonderful all-day breakfast tea that opens wonderfully with milk.

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			





Profile : Decaf English Breakfast

Loose - Decaf - English Favourites Tea

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
OK	OK	OK	OK

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.



TEMLE22209299