



Profile : Formosa Oolong

Loose - Oolong Tea

November 20, 2025

CUP CHARACTERISTICS: Smooth and slightly sweet; toasty with a touch of dryness.

INGREDIENTS: Oolong tea

INGREDIENTS FROM: Taiwan

REGION(S): Taoyuan County

GROWING ALTITUDES: 1000 - 3000 feet above sea level

GRADE(S): Choice Fine #1

MANUFACTURE TYPE(S): Semi fermented, Traditional process, Small batch crafted

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: Rich amber

INFORMATION:

Oolong means semi fermented. After rolling, the tea is allowed to ferment only until the edges of the leaves start to turn brown. The tea is then fired which arrests the fermenting process and captures the interesting character associated with Oolong tea. In Taiwan, producing oolong tea involves highly specialized skills in the control of the withering, oxidation and firing. A slight variance in any of these gives each variety a distinctive aroma, flavor, color and finish.

The best Oologs come from Taiwan (Formosa) where the character of short-fired oologs has been described as peach like with a refreshing fruity herbaceous character whereas long-fired oologs take on bakey notes with rich amber liquids. This tea falls into the latter category.

It is worth noting that in Taiwan, the making of oolong tea is regarded as a precious art that requires years of training. From the nursing of a seedling, to planting, to nourishing the bushes, to properly selecting the best time to pluck the leaves, the husbandry of the tea farmer is a legacy passed down from many generations. It is felt that only the application of years of dedicated study and practice, combined with the unique character of Taiwan tealeaves, can provide the exceptional quality oolong teas that have made the island famous for its teas.

An interesting footnote: During the 2nd World War the production of tea was greatly expanded while the island was occupied. This production was exported to Japan to supplement their own production, which was falling below domestic demand.





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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 |
| MetroTea recommends 3-5 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 | 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 |
| MetroTea recommends 3-5 min | | | |

SERVING RECOMMENDATIONS:

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

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.

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. Briefly infuse with freshly boiled water and then pour off. Re-infuse the tea and pour after about 1 minute or longer to taste.

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 11/4 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!)

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 ½ 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!)

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.

