



Profile : Gingia (TGFOP1)

Loose - Estate Tea

November 20, 2025

CUP CHARACTERISTICS: One of the nicest Assams available. The golden liquor has classic thickness that is juicy and deliciously malty.

INGREDIENTS: Black tea.

INGREDIENTS FROM: India

REGION(S): Assam

GROWING ALTITUDES: 500 - 1500 feet above sea level

GRADE(S): GTOP (Golden Tippy Orange Pekoe)

MANUFACTURE TYPE(S): 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: Golden coppery, tending dark

INFORMATION:

Second Flush Assams typifies the best qualities that this particular type of Indian tea has to offer. The full-bodied maltiness and rich pungency of an Assam is even more pronounced in this season. Although the Assam region does not benefit from the high elevations, this area has remarkable soil alluvial conditions and ideal temperatures for tea. Teas from the Assam tend to be higher in natural tannins and therefore are more astringent and have a 'thick' nose. These attributes are highly desirable characters and this particular selection from the Gingia Estate is very rich example - to the point of distinction.

The British became interested in tea cultivation in the Assam region of India in the 1830's when it appeared that treaties with China, which included tea were not going to be extended. The East India Company made representations to the British Governor of India to be allowed to research the possibility of tea cultivation in India. These discovered a hardy camellia that was indigenous to Assam. This particular genus of the camellia eventually became known as the 'Assam jat' and today forms the backbone of Assam tea plantations. The 'Assam jat' as compared to the 'Chinese jat' has more body and richness, whereas the 'Chinese jat' tends to be light and flavory.

Selections like this Gingia make the tea tasters work a pleasure. The taster 'lives' to find a "cracker" (a.k.a. superior quality tea). This tea was one of the best we have seen from the Assam. It is a self-drinker and has enough flavour and character to hold its own, even with milk and sugar.

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	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 tea 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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