



Profile : Ilam (TGFOP)

Loose - Estate Tea

November 20, 2025

CUP CHARACTERISTICS: This tea has lovely hints of muscatel and good strength, similar to an excellent Darjeeling.

INGREDIENTS: Black tea

INGREDIENTS FROM: Nepal

REGION(S): Ilam

GROWING ALTITUDES: 3500 - 7000 feet above sea level

GRADE(S): TGFOP1 (Tippy Golden Flowery Orange Pekoe #1)

MANUFACTURE TYPE(S): Orthodox (Traditional leafy)

ANTIOXIDANT LEVEL: Very 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 light, tending slightly greenish

INFORMATION:

Ilam estate has a Darjeeling-like character with good muscatel flavour. Some may ask: 'What is the muscatel flavour?' When you taste this tea you will experience an almost perfume like character that some tea drinkers call 'Chanel like'; others call the Darjeeling character 'slightly over-fired' or oaky. The muscatel flavour is the natural taste of the tea - becoming more pronounced during April (light tasting with astringency and intense flavor) and June (intense flavor with more body). The flavour is on account of the altitude of the tea estate, the soil conditions in the Himalayas the weather patterns, temperature, the originating species of the bush (Chinese genus as opposed to the Indian genus) and fermenting techniques; it has nothing to do with the tea being over-fired (over-fired is a description of poor manufacturing techniques). The leaf appearance is very typical of a well-produced high mountain grown Nepalese tea. It appears mottled with brownish and greenish leaf - almost camouflage-like. This appearance is caused by the myriad of different mother bushes, the older age of the bushes and the subsequent fact that the leaves ferment differently.

The area where Ilam is produced is high in the Himalayan Mountains. The slopes where the tea is produced are extremely steep which makes it very difficult for the tea pluckers to go about their work. At Ilam one is surrounded by the high snow covered peaks of the world's highest mountains. It is truly a very scenic area. The quality of this tea befits the tremendous efforts undertaken to produce the tea and the beautiful surroundings.

There are 3 main times of year for producing good quality Ilam Nepal teas:

1st flush - springtime harvested teas from late Feb. to mid April. The young leaves yield a light tea with generally intense muscatel with 'point'. A gentle afternoon tea.

2nd flush - Harvested in June, these teas are more fully developed. The liquor is bright and the taste full and round excellent muscatel. A superb afternoon tea that is especially good with scones and raspberry conserve.

Autumnal - Not always available depending upon the weather, they are typified by a round taste and coppery liquor. Excellent as a breakfast tea with milk.





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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	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			

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 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 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.

