



## **Profile : Irish Breakfast**

### **Loose - English Favourites Tea**

November 20, 2025

**CUP CHARACTERISTICS:** A stout robust blend of February Kenya BP1 and 2nd flush Assam. Superb color and very full bodied. Excellent in the early morning or afternoon.

**INGREDIENTS:** Black tea.

**INGREDIENTS FROM:** Kenya / India

**REGION(S):** Nandi Highlands / Assam

**GROWING ALTITUDES:** 500 - 6500 feet above sea level

**GRADE(S):** BOP (Broken Orange Pekoe) / BP1 (Broken Pekoe #1)

**MANUFACTURE TYPE(S):** CTC (Cut, Torn and Curled)

**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:**

Per capita, Irish consumption of tea is amongst the highest in the world. The Irish prefer a full bodied cup of tea that if brewed long enough one could almost stand their spoon upright. The strength is achieved by buying the best teas available from seasonal production periods in Kenya and Assam. This means that the Assam teas are from the second flush period during June, and the Kenyas are from February and August growth. 2nd flush Assams give a deep malty astringency and the best make your mouth feel dry they are so astringent. This astringency leads to a malty character that is exceptionally thick and robust in flavor. The seasonal Kenyas have a golden coppery color with an almost floral note that gives a complex depth to the tea.

Furthermore, you will see that the grade is CTC - cut, torn curled. The leaf whilst it is being processed passes through a machine the cuts, tears and then curls the leaves into tiny balls. This 'mash' ferments very quickly after which firing takes place to 'lock-in' the flavor. These tiny tea balls when infused release their full flavor, more so than whole leaf tea. The reason is that there is more surface area on the tiny balls which can infuse as compared to the whole leaf tea.

Regarding the addition of milk, there is the age old argument of when to add the milk to the cup; before you add the tea or after. Milk-firsters argue that adding milk last scalds the milk noticeably and therefore the milk should be warmed slowly with the addition of tea. Milk-lasters argue that adding milk after the tea has been poured is the only way of judging the proper amount of milk to add by watching the color of the tea change. Non users of milk regard the whole issue as silly.





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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
<b>MetroTea recommends 4-5 min</b>			

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
<b>MetroTea recommends 4-5 min</b>			

#### 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 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.

