



## Profile : Pai Mu Tan

### Loose - White Tea

November 20, 2025

**CUP CHARACTERISTICS:** Clear slightly pale cup with a fresh aroma and a smooth velvety flavor. Delicate jammy notes reminiscent of Keemun or a mild Bordeaux.

**INGREDIENTS:** White tea.

**INGREDIENTS FROM:** China

**REGION(S):** Fujian Province

**GROWING ALTITUDES:** 1500 - 4900 feet above sea level

**GRADE(S):** Spring Grade #1

**MANUFACTURE TYPE(S):** Non fermented, Traditional process, Naturally withered and dried, Small batch crafted, Hand sorted

**ANTIOXIDANT LEVEL:** Very 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:** Pale yellow

#### INFORMATION:

This is the highest grade of white tea available before one enters the stratosphere in pricing for white teas such as Peony White Needle Tea. Pai Mu Tan leaves are plucked from a special varietal tea bush called Narcissus or chaicha bushes. Secondly the leaves are not steamed or pan-fired (the process used in green teas). The leaves are naturally withered and dried in the sun. If mechanical drying is required it is a baking process at temperatures less than 40°C. Thirdly only special 'two leaves and a bud' are selected. These leaves must show a very light green almost gray white color and be covered with velvet peach fuzz down. White teas that are withered in conditions that are too hot will become reddish and in conditions that are too cold they will become blackish. You will see on this Pai Mu Tan that the tea maker struck the perfect balance between solar and indoor withering resulting in a perfect white tea.

The western cosmetic industry has recently discovered the benefits of white tea. In addition to its anticancer properties, tea has a calming and detoxifying effect on the skin. White tea is especially potent in that it has three times as many antioxidant polyphenols as green or black tea and has been shown to be 100% more effective in mopping up free radicals that cause skin to sag. Some of the world's top cosmetic companies are becoming very interested in white tea for skin creams and the result is that high grade white tea is becoming even more rare than before.

Researchers at the Linus Pauling Institute in Oregon tested white teas on selected rates to test for the ability of white teas to inhibit natural mutations in bacteria and to protect the rates from colon cancer. Interestingly, white teas were found to be more effective than green tea in inhibiting the early stages of cancer but researchers were quick to point out that their study was on rats and the effects should not be extrapolated to humans. The researchers also discovered that white tea contains higher levels of caffeine compared to green tea brewed under the same conditions. They suggested that this could occur because white tea oxidizes during withering whereas in green tea the oxidation process is stopped early in the tea making process by steaming or panfiring.





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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
<b>MetroTea recommends 3-5 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	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
<b>MetroTea recommends 3-5 min</b>			

#### 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. 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 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.

