



Profile : Phoenix #1 Iron Goddess of Mercy Oolong

Loose - Oolong Tea

November 20, 2025

CUP CHARACTERISTICS: A light 'airy' character with delicate orchid-like notes.

INGREDIENTS: Oolong tea

INGREDIENTS FROM: China

REGION(S): Fujian Province

GROWING ALTITUDES: 1500 - 4900 feet above sea level

GRADE(S): Ti Kuan Yin Extra Special

MANUFACTURE TYPE(S): Semi fermented, Traditional process, Small batch crafted and formed, Hand sorted

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: Pale green yellow liquor, tending slightly amber

INFORMATION:

Oolong tea is semi fermented which is one of the reasons it has such a unique character. The semi fermentation gives the tea a little bit more body than a green tea but less body than a black tea ... and interestingly it gives the flavor a very unique twist. You will see (particularly in the infused leaf) that the edges of the leaves are slightly bruised (brownish). The reason for this is that the leaves are lightly bruised to start the oxidation process. During this process the characteristic 'curly' leaf is also created. After 15-25 minutes (depending upon ambient temperature and humidity levels) the tea is fired, locking in the special flavor profile.

There are several grades of Ti Kuan Yin (a.k.a Iron Goddess of Mercy). This particular type is the nbr 1 grade. When comparing to other Ti Kuan Yin's, you will see a better leaf presentation which results in a more refined character - and hence the special moniker - PHOENIX #1. It has been written that Ti Kuan Yin is at first bitter, then sweet and finishes with a fragrance, which lingers on your palate. We find this particular grade is sweet with a fragrant finish and has no bitter notes.

The legend of Ti Kuan Yin is that a certain Mr. Wei, a tea grower in Sand County, Fujian had a dream in which a spirit advised him that a treasure was awaiting him behind a temple dedicated to Kuan-Yin. Upon his discovery of the treasure he was to share it with his neighbors. The next day he diligently searched for the treasure but could only find a tiny tea shoot. Even though he was disappointed, he took the tea shoot home and cared for it extremely well for the next 2 years. At the end of the 2-year period the tea bush yielded 1 kilo of tea. He brewed some in a lidded bowl and noticed an unusual fragrance plus the fact that the flavor remained pure and strong even after several additions of water. To ensure his good luck and to follow the spirit's guidelines he took care of the bush with renewed enthusiasm. Within a few years the original tea bush fathered hundreds of trees and shrubs, which he shared with his neighbors.





Profile : Phoenix #1 Iron Goddess of Mercy Oolong

Loose - Oolong Tea

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.

