



## Profile : Scottish Breakfast

### Loose - English Favourites Tea

November 20, 2025

**CUP CHARACTERISTICS:** Malty, full bodied character with bright flavoury notes and hints of cask oakiness. A bracing Highlanderâ€™s cup of tea.

**INGREDIENTS:** Black tea.

**INGREDIENTS FROM:** India / China

**REGION(S):** Assam + Nilgiri / Anhui

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

**GRADE(S):** FBOP (Flowery Broken Orange Pekoe) / CWL Congou Whole Leaf / FPS (Flowery Pekoe Souchong)

**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 coppery colour

#### INFORMATION:

The primary sociological structure in old Scotland was the 'clan'. The roots of the system are very ancient, stretching back into Scotland's Celtic past. The country had been occupied by many different peoples - Britons, Romans, Angles and Vikings - but two races came to dominate: the Picts in the north and east who divided their territory into 7 petty kingdoms and in the west it was the Scots. Originating as an Irish tribe, the Scots migrated from Ulster in the 6th century. The kingdoms of the Scots and the Picts were eventually united by Kenneth MacAlpin in the mid 800's.

These people were organized along tribal lines, which eventually became known as clans. One of the downfalls of the clans was the propensity to feud. Some disputes simmered for centuries such as the feud between the MacDonalds and Stewarts, which began at Culloden in 1314, finally being settled in the 1600's. Highlanders guarded their traditions fiercely and were well known for their loyalty robust character.

This tea is like a proper Highlander - robust, malty (not unlike a good Scotch) and full of life and vigor. Highlanders liked their tea very strong and insisted on hints of cask oak to remind them of their clan's own special elixir - single malt Scotch. This blend consists of 2nd Flush Assam tea (thick, robust with delicious hints of malt); January production South Indian tea (high mountain grown that has wonderful flavour notes which accentuate the robust Assam); Keemun Panda #1 which has a delicious winy character further enhancing the stout malty character of the blend and finally a Chingwo County Orange Pekoe which gives the distinct oaky character. This tea is especially delicious with milk, which further lends a malty character to the tea and highlights the brightness of the premium tea, which has hints of a red color.





## Profile : Scottish Breakfast

### Loose - English Favourites 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	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.

