



Profile : Scottish Caramel Pu-Erh

Loose - Flavored Pu-erh Tea

November 21, 2025

CUP CHARACTERISTICS: Dessert in a cup. The earthiness of pu-erh fuses with caramel for a sweetly decadent finish.

INGREDIENTS: Black tea (Pu-Erh style), Almond pieces, Natural flavors (Organic Compliant).

INGREDIENTS FROM: China / Canada

REGION(S): Yunnan / Quebec

GROWING ALTITUDES: 1500 - 4900 feet above sea level

GRADE(S): Pu-erh 3 year vintage

MANUFACTURE TYPE(S): Special pu-erh process, Hand crafted

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: Medium

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: No

ARTISANAL NOTES: Small batch blended and packed in Canada at The Metropolitan Tea Company.

INFUSION: Burgundy with blood orange highlights

INFORMATION:

Introducing the favorite beverage of the Scotland-China Association. While it might sound odd that an organization with a mandate to combine kilts and haggis with dragons and dumplings exists, it does! The SCA was founded in Glasgow in an effort to strengthen ties between the two very different countries and offers seminars in Traditional Chinese medicine, language courses and more.

Scotland and China have a long history together. The first recorded encounters between the two occurred in the 17th century, during the days of the old British Empire. At that time the world of the Orient must have seemed wildly foreign to the Scottish officers and merchants who made their way across the Pacific to visit the port cities of Canton and Shanghai. Over the centuries, relations between the two countries continued to develop but it wasn't until the 1980s, with China's Open Door policy, that things really began to heat up. Since then, the Royal Botanic Garden of Edinburgh began working collaboratively with Chinese botanists, Napier University, one of Scotland's finest, established a permanent presence in Beijing and the Royal Society of Edinburgh and Chinese Academy of Sciences developed a Memorandum of Understanding to facilitate scientific research between the two countries. Who knew?

In our own efforts to strengthen the ties between Scotland and China, (a pet project of our Master Taster...strange really considering he's Dutch) we're proud to present the only tea in existence known to link the two vastly different cultures - Scottish Caramel Toffee Pu-erh. Now, for those of you who familiar with the earthy, musty character of traditional Pu-erh and are scratching your head over this flavor combo, scratch no more. Amazingly, the sweet, burnt sugary profiles of Caramel and Toffee blend in perfect harmony with the loose leafed Pu-erh. The cup is warming and thick, layered with notes of damp sweet earth, burnt caramel and cream with balanced astringency and medium finish - as an afternoon tea, this one has no peer. Interestingly, while most Pu-erh teas are best enjoyed on their own, the unique sweetness of this cup is well suited to a splash of milk. Here's to the future of Sino-Scottish relations!

What exactly is Pu-erh? According to the Bureau of Standard Measurement of Yunnan Province, Pu-erh teas are: "products fermented from green tea of big tea leaves picked within Yunnan Province." Pu-erh teas undergo a unique fermentation process that infuses them with their defining musty character. In China, many people believe that Pu-erh aids in digestion by breaking down fat in foods.

Why should you be drinking Pu-Erh?

Pu-erh is a fermented tea from China's Yunnan province. For many years it has been prized by practitioners of Chinese Medicine to aid digestion, break down fat in the body, treat arteriosclerosis and more. For a special treat, try pairing it with dim sum, or other Asian themed finger foods.





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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	NO	NO

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):

Break tea apart and place 6 slightly heaping teaspoons of loose tea 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. 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):

Break tea apart and place 1 slightly heaping teaspoon of loose tea 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. 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.

