



Profile : Young Pu-Erh

Loose - China Black Tea

November 21, 2025

CUP CHARACTERISTICS: A character best described as elemental. The tea leaves come from the 'Dayeh' bush variety closely related to the original tea tree.

INGREDIENTS: Black Tea (Pu-erh style)

INGREDIENTS FROM: China

REGION(S): Yunnan Province

GROWING ALTITUDES: 1500 - 4900 feet above sea level

GRADE(S): Pu-erh 1 year vintage

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

ANTIOXIDANT LEVEL: Medium

CAFFEINE LEVEL: Medium

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Burgundy with golden highlights

INFORMATION:

This tea is famed for its medicinal properties. The leaves come from the Yunnan Dayeh variety of tea tree - which is purported to be closely related to the original tea tree of pre-glacial times. During the 1200's the troops of Kubla Khan are said to have introduced Pu-erh to the rest of China for its medicinal value. Pu-erh is often taken for relief of indigestion and dysentery but has also been reported very useful in the reduction of cholesterol. Kunming Medical College claims that pu-erh can lower cholesterol by 17 percent and triglycerides by 22 percent. They may have been slightly over zealous about the properties of pu-erh as a University in Berlin and another in France found that the claim was perhaps overstated. A study in Japan indicated that all tea lowered cholesterol and that pu-erh was more effective than green tea. Other followers of 'Chinese tea for health' report that pu-erh can; "cut the grease, help digestion, promote body fluid secretion, quench the thirst, invigorate the spleen and dispel alcoholic toxins" Whether pu-erh is effective or not for the various claims that researchers and tea drinkers make has not been firmly established; what is certain is that pu-erh is rather unusual and has properties many other teas do not share.

The method of production is: The tealeaves are picked, rolled, withered in the hot sun, after which they are steamed and pressed into cakes. This pu-erh is broken up out of the cakes to make it easier to deal with. The steaming process generates some moisture and when compressed (without drying) into the cakes, in the course of time the tea takes on a musty and earthy character. Pu-erh that gets somewhat moldy before it naturally dries is considered the best. Pu-erh is then stored for years. As with wine, young pu-erh is considered the least valuable whereas pu-erh 5 years or older is more highly prized. Interestingly the taste of pu-erh becomes more mellow with age and perhaps more acceptable to the western palate.

The taste has been described as mellow, however those not accustomed to it might not enjoy the 'old' character. For others though, this flavor will add to its aura of wonder and seem fitting in a tea prized for its medicinal properties. Some consumers have recommended that pu-erh be blended with chrysanthemum florets to make the taste more acceptable. In fact this blend can be ordered in teahouses in southern China and Hong Kong. Other recommended uses: Pu-erh is a main ingredient in Kombucha.





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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	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 tea 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.

