



Profile : Golden Monkey

Loose - China Black Tea

December 16, 2025

CUP CHARACTERISTICS: Grown in the upper reaches of the Wuyi mountains. A flavory tea with a striking character that tea tasters describe as a "mouth-feel"™.

INGREDIENTS: Black tea

INGREDIENTS FROM: China

REGION(S): Fujian Province - Shounin County

GROWING ALTITUDES: 1500 - 4900 feet above sea level

GRADE(S): STOP (Special Tippy Orange Pekoe)

MANUFACTURE TYPE(S): Hand sorted 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: Very bright and golden coppery color

INFORMATION:

Golden Monkey is sometimes referred to by the grower (because this tea is so good) as King of Panyong Congou. After a painstakingly labor intensive production process, this tea is hand sorted to ensure a beautiful leaf appearance. The leaves are curly, wiry and well twisted with a high percentage of tips evident. 'Tip' is the tip of the new shoots and during the manufacturing process these tips turn a gold brown. 'Tippy tea' is a leading indicator of exceptional quality, highly selective grading and usually only available in the first few weeks of the new season (New season teas have the most flavor, rarest and most eagerly sought by tea connoisseurs).

Panyong Congou Teas are mainly produced in the mountainous region of Fu'an County and Shounin County. The finished teas are made from a local variety of tea bush that is noted for its rich aroma, sweet taste, golden color and well-twisted tippy leaf.

In earlier times Golden Monkey was the tea of Taipans and local overlords. They claimed that the secret for this tea was that it had to be plucked by the golden monkey which centuries ago inhabited the forests of Fujian Province. This special tea was very rare and the Taipans demanded every ounce of tea because they claimed that it gave them 'the agility and sexual prowess of the patriarch of a golden monkey troop'. (Obviously stiff competition from the monkey) Today the plucking process has changed somewhat but it is fascinating to know the tradition behind this marvelous tea.





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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 1 1/4 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.





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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.



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