

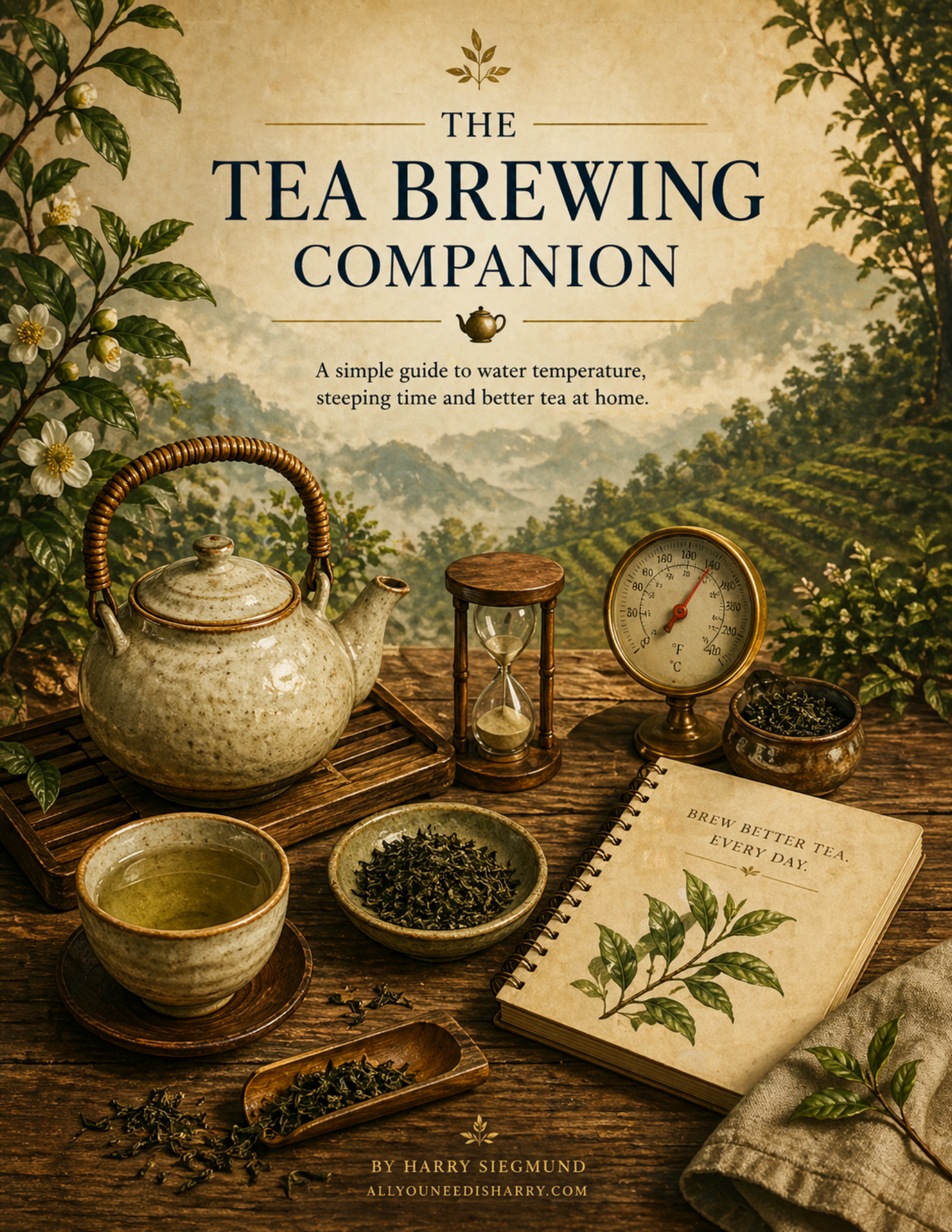


THE

TEA BREWING COMPANION



A simple guide to water temperature,
steeping time and better tea at home.



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The Tea Brewing Companion

A simple guide to water temperature, steeping time and better tea at home.

By Harry Siegmund

A better cup does not begin with expensive tools.

It begins with water temperature, steeping time, leaf quantity and a little attention.

This companion gives you a simple starting point for brewing tea with more clarity, balance and calm.

Why good tea often tastes wrong

Most bad tea is not actually bad tea.

It was simply brewed too hot, too long, with too many leaves,
or with water that did the tea no favor.

Tea is sensitive.

Green tea can turn bitter when the water is too hot.

Black tea can become harsh when it steeps too long.

White tea can disappear if treated without patience.

Oolong often needs room to open.

Pu Erh can become deep and smooth, but only when it is not rushed.

Better tea does not begin with expensive tools.

It begins with attention.

Water temperature.

Steeping time.

Leaf quantity.

Fresh water.

A quiet minute before the first sip.

This companion gives you a practical starting point.

Not strict rules carved in stone, but useful ranges that help you brew
cleaner, calmer and more balanced tea at home.

The three brewing variables

1. Water temperature

Water temperature changes everything.

Too hot, and delicate teas become bitter.

Too cool, and stronger teas may taste flat.

The goal is not perfection. The goal is to give each tea enough warmth to open without forcing it.

2. Steeping time

Time decides how much the leaf gives to the water.

A short infusion can taste light and fresh.

A long infusion can taste full and deep.

Too long, and bitterness often takes over.

3. Leaf quantity

Too little tea tastes thin.

Too much tea can taste heavy or sharp.

A good everyday starting point is:

1 teaspoon of loose tea per cup

For large leaf teas, use a little more.

For finely broken teas, use a little less.

For gongfu style brewing, use more leaf and much shorter infusions.



Brewing temperature guide

Green tea

160 to 175 °F / 70 to 80 °C

White tea

160 to 185 °F / 70 to 85 °C

Oolong tea

175 to 205 °F / 80 to 96 °C

Black tea

195 to 205 °F / 90 to 96 °C

Pu Erh tea

195 to 212 °F / 90 to 100 °C

Rooibos

205 to 212 °F / 96 to 100 °C

Herbal tea

205 to 212 °F / 96 to 100 °C



Small note

These are starting points, not prison rules.
Every tea has its own character.
Begin gently, taste carefully, then adjust.

Steeping time guide

Green tea

1 to 3 minutes

White tea

2 to 5 minutes

Oolong tea

2 to 5 minutes

Black tea

3 to 5 minutes

Pu Erh tea

2 to 5 minutes

Rooibos

5 to 7 minutes

Herbal tea

5 to 10 minutes



Small note

If your tea tastes bitter, reduce the temperature first.

If it tastes flat, increase the steeping time slightly.

If it tastes weak, use a little more leaf before you simply wait longer.

Better brewing by tea type

Green tea

Use cooler water and shorter steeping times. Green tea is often delicate, fresh, grassy, floral or nutty. Water that is too hot can make it bitter quickly.

Black tea

Use hotter water and a slightly longer steep. Black tea is stronger and more forgiving than green tea, but it can still become harsh when overbrewed.

White tea

Use gentle water and patience. White tea is subtle, soft and delicate. Do not force it. Let it unfold.

Oolong tea

Oolong sits between green and black tea. Some oolongs are light and floral, others are darker and roasted. Adjust temperature and time depending on the style.

Pu Erh tea

Pu Erh often enjoys hot water and repeated infusions. Its flavor can be earthy, woody, mellow or deep. Rinse briefly if you prefer a cleaner first cup.

Herbal tea

Herbal teas usually need very hot water and more time. Roots, flowers, seeds and dried herbs release their flavor more slowly than tea leaves.



Common brewing mistakes

Water too hot

This is the classic green tea killer. If your green tea tastes bitter, sharp or angry, the water was probably too hot.

Steeping too long

Longer is not always better. Tea can move from flavorful to harsh very quickly.

Too much leaf

More tea does not automatically mean better tea. It can also mean heavy, dry or bitter flavor.

Too little leaf

If the cup tastes watery, do not blame the tea immediately. You may simply need more leaf.

Old tea

Tea loses aroma over time. If it smells tired before brewing, it will not suddenly become brilliant in the cup.

Poor storage

Tea dislikes light, heat, moisture and strong smells. Store it sealed, cool, dry and away from spices.



A small ritual for a better cup

Warm the cup or pot

A warm vessel helps the tea brew more evenly.

Use fresh water

Water that has been boiled again and again can taste flat.

Smell the dry leaves

This tells you more than you think. Fresh tea has character before water ever touches it.

Watch the first infusion

Color, steam and aroma all tell you what is happening.

Taste before adding anything

Before sugar, milk, lemon or honey, taste the tea once on its own.

Not because additions are wrong, but because the tea deserves one honest sip first.

Do not rush the first sip

Tea is not made only to drink.

It is made to interrupt the noise for a moment.



Quick reference

Tea type	Temperature	Time
Green tea	160 to 175 °F / 70 to 80 °C	1 to 3 minutes
White tea	160 to 185 °F / 70 to 85 °C	2 to 5 minutes
Oolong tea	175 to 205 °F / 80 to 96 °C	2 to 5 minutes
Black tea	195 to 205 °F / 90 to 96 °C	3 to 5 minutes
Pu Erh tea	195 to 212 °F / 90 to 100 °C	2 to 5 minutes
Rooibos	205 to 212 °F / 96 to 100 °C	5 to 7 minutes
Herbal tea	205 to 212 °F / 96 to 100 °C	5 to 10 minutes

Remember

Cooler water protects delicate teas.

Shorter time prevents bitterness.

More leaf is often better than more waiting.

Want to go deeper?

This companion is only a starting point.

The Tea Bible continues the journey through tea origins, cultivation, processing, brewing, storage, tea cultures, recipes, rituals, legends and rare varieties.

For readers who want to understand tea beyond the cup, the full book offers the deeper journey.

Explore the editions at AllyouneedisHarry.com

The Tea Bible

From the Plant to the Perfect Cup

By Harry Siegmund

