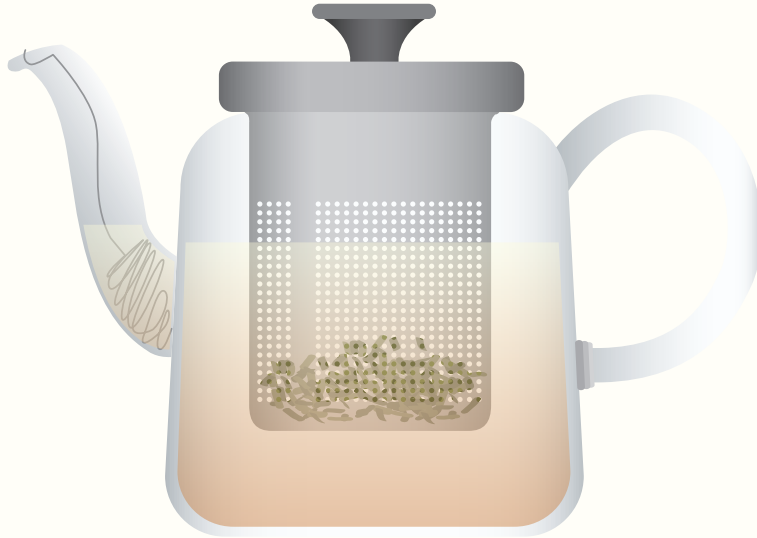


TEA REPERTOIRE™
LONDON



Beginner's Guide to Loose Leaf Tea

- 01. Why loose leaf tea?**
- 02. Different kinds of tea**
- 03. How to make a perfect cup of tea**
- 04. Some loose leaf teas to start with**

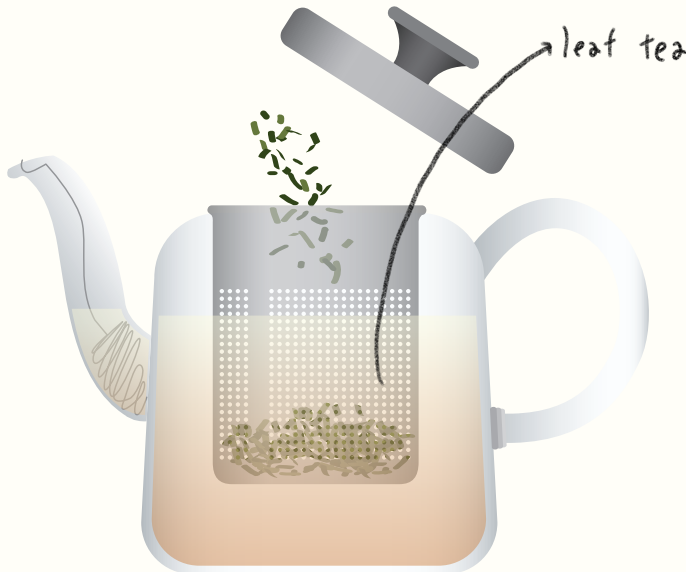
01.

Why should we drink loose leaf tea?

Preparing loose-leaf tea requires a bit more effort than steeping a tea bag, but it's worth, as you can get the best from what tea can offer.

Freshness & Flavour

Whole leaves offer a fresher, flavoursome brew, as they have less exposed surface area to oxygen than tea bags which contain small, broken leaves and tea powders.



Value

It is a misconception that loose leaf tea is pricey. Loose leaf tea allows multiple infusions (2-3 times) whereas tea bags can be only steeped once.

Environmental Friendliness

Loose leaves are entirely compostable and biodegradable, in contrast to common tea bags which contains polypropylene that is not biodegradable.

02.

Different Kinds of Tea

Did you know that all the teas are in fact made from one plant, *Camellia Sinensis*? Different processing methods decide which type of tea plucked leaves will become, by altering the chemistry of the leaf.



White Tea

White Tea is the least processed tea of all teas - once tea leaves are plucked, they are withered in the sun and dried. Especially, white teas made from the downy buds contain a high level of antioxidants such as catechin and polyphenols that help boost your immune system.



Green Tea

Green Tea is an unoxidised tea - once tea leaves are plucked, they are steamed or pan-fired to stop further oxidation. Green teas come in various shapes such as flat-needle like, curled or rolled into balls. Japanese green teas tend to offer umami and cooked vegetal (spinach) notes, whereas Chinese and Taiwanese green teas offer more toasty, floral or fruity flavours. Korean green teas illustrate the characteristics of both Japanese and Chinese green teas.



Matcha

Matcha is actually a type of green tea, but made into fine powder. Authentic Japanese Matcha is made from tea leaves which are shade-grown for 3-4 weeks. Matcha is extremely rich in antioxidants and L-theanine. Matcha production requires intensive labour. In order to make 40g of Matcha powder, the base tea leaves need to be ground for an hour.

02.



Oolong Tea

Oolong Tea is a semi-oxidised tea, with a varying degree of oxidation between 10 - 80%. Depending on the oxidation level, the aromas and flavours can vary from floral, tropical fruit notes to toasty, smoky, woody notes. Oolong teas come in various shapes such small pellets or rolled into spiral shapes. The most celebrated oolong teas are produced in Taiwan and China.



Black Tea

Black Tea is a fully oxidised tea. English Breakfast and Earl Grey are common types of black tea savoured in the U.K. Black tea tends to offer a malty, full-bodied liquor with rich flavours varying from fruity, chocolaty, woody and spicy notes. Most of black teas are grown in China, India, Sri Lanka and Kenya. South Korea and Taiwan also have a limited production of high quality, artisan, black teas.



Puerh Tea

Originating from Yunnan Province, China, the birthplace of tea, Puerh tea goes through a post-fermentation process, from which it develops its unique earthy and leathery flavours. Aged puerh tea develops more complex flavours and sought-after by tea connoisseurs. In China, Puerh tea is believed to aid digestion and weight loss and often accompanied during a greasy meal.



Herbal Tea

Herbal tea is not made from Camellia Sinensis tea plant, but made from leaves, flowers, fruits and roots of various plants. Chamomile, Peppermint and Rooibos are commonly known herbal teas.

03.

How to make a perfect cup of tea

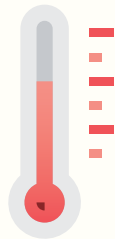
What you need



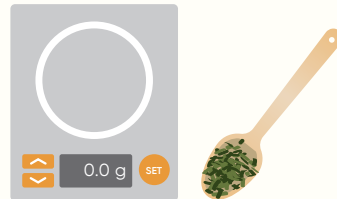
kettle



teapot with an infuser



(thermometer)



scale or tea spoon

03.

How to make a perfect cup of tea

Always use filtered water or bottled spring water with low mineral content

- don't be confused with mineral water! High amounts of minerals combine will cover up the subtle nuances of tea flavours.

General Brewing Guideline

3g of tea leaves for 200ml Water

(2-3 tea spoon. Adjust the amount of tea leaves depending on the strength you would like)

	White Tea	80°C	3-5 mins
Green Tea	Chinese & Korean Green Tea	75-80 °C	1 1/2 - 2 mins
	Japanese Green Tea (except for Gyokuro Green Tea)	65-70 °C	1 1/2 - 2 mins
	Gyokuro Green Tea	55-60 °C	2-3 mins
	Oolong Tea (Lightly Oxidised)	85-90 °C	3-5 mins
	Oolong Tea (Highly Oxidised)	90-95 °C	3-5 mins
	Black Tea	95 °C	3-5 mins
	Puerh Tea	95 °C	3-5 mins
	herb Tea	95 °C	5 mins

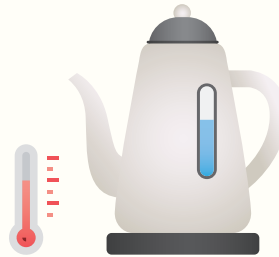
03.

How to make a perfect cup of tea



1. Measure

Measure 4g tea (1-2tbsp) per 200ml



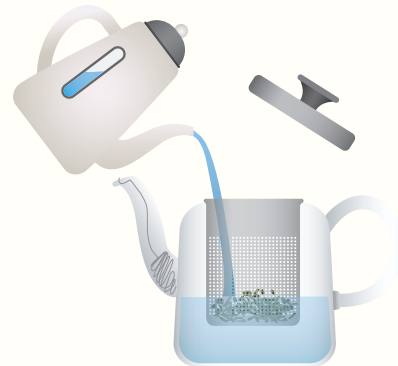
2. Heat water

Heat water to the right temperature



3. Infuse

Infuse steeping time varies according to tea types



4. Re-infuse

You can re-infuse this tea up to 2-3 times

04.

Some loose leaf teas to start with

White Tea

Origin of China

Op. 602 ' JASMINE SILVER NEEDLE '

Jasmine Silver Needle is a jasmine blossom scented white tea from Fuding, China, the revered birthplace of white tea. Made from carefully hand-picked downy buds, which are then naturally withered in the sun and scented with fresh jasmine blossoms, Jasmine Silver Needle harmoniously infuses delicate sweetness of Silver Needle white tea with thick, honeyed floral sweetness of jasmine flowers.

Aromas & Flavours

Fragrant, Floral, Honey, Vegetal

Fragrant jasmine note gracefully combines with delicate natural sweetness of white tea.

Jasmine

Floral

Sweet

Fresh Vegetal

Dried Grass

Green Tea

Origin of South Korea

Op. 214 ' WILD ARBOR JOONGJAK '

Wild Arbor Joongjak is a Korean Green Tea, made from tea leaves of wild tea bushes naturally grown on the slopes of Jiri Mountain, Hadong. Made from tender buds and leaves of the early May harvest, this refreshing green tea offers toasted, nutty flavours with a herbaceous undertone.

Aromas & Flavours

Refreshing, Toasty, Nutty, Herbaceous

Toasted, nutty, herbaceous, steamed vegetable (zucchini).

Zucchini

Cooked Vegetal

Nutty

Aromatic Herbs

04.

Some loose leaf teas to start with

Oolong Tea

Origin of Taiwan

Op. 121 ' OSMANTHUS BAOZHONG '

Osmanthus Baozhong is an aromatic blend of Baozhong oolong tea with osmanthus flowers. Originating from Nangang, Northern Taiwan, this fragrant oolong tea offers a delightful, uplifting liquor which harmoniously blends floral and fruity notes on a creamy, milky background.

Aromas & Flavours

Uplifting, Floral, Fruity, Milky

Osmanthus blossom, fruity (quince, apricot) notes on a mild, milky background.

Osmanthus

Floral

Fresh Fruits

Milky

Black Tea

Origin of China

Op. 403 ' BLACK FOREST '

Black Forest is a unique black tea from Shandong Province, China. Made from tender spring buds and leaves grown on the slopes of Lao Mountain, Black Forest offers an indulgent liquor that harmoniously mingles dark chocolate, plum and cherry flavours, which evokes the flavour of rich and decadent Black Forest Cake.

Aromas & Flavours

Complex, Stimulating, Chocolatey, Fruity

Dark chocolate, truffle, woody and ripe stone fruits (plum, cherry) notes.

Cherry

Fresh Fruit

Sweet

Woody

04.

Some loose leaf teas to start with

Puerh Tea

Origin of China

Op. 501 ' 10 YEARS AGED COOKED PUERH '

Coming from Lincang Prefecture, known for quality Puerh teas in Yunnan Province, Our 10 Years Aged Cooked Puerh tea imparts a smooth, mellow liquor with undergrowth and earthy notes. A great tea to accompany your cheese platter - try it with mature Gruyère. It wonderfully enhances the sweet, nutty, earthy flavour of Gruyère.

Aromas & Flavours

Smooth, Mellow, Earthy, Undergrowth

Earthy, gamy and undergrowth notes with a hint of liquorice in the finish. Absence of astringency and bitterness.

Earth

Earthy

Undergrowth

Gamy

Spices