

English Breakfast Tea

Learn to brew the perfect English Breakfast Tea with our step-by-step guide. Traditional British tea with rich, robust flavor. Brewing tips included.

5 min

PREP

5 min

COOK

10 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

English Breakfast Tea

Ingredients

- 2 cup water
- 2 tbsp milk

Instructions

- 1 Prepare the water**

Fill a kettle with 2 cups of fresh, cold water and bring to a rolling boil over high heat, reaching 212°F (100°C).
- 2** Pour a small amount of the hot water into your teapot, swirl it around to warm all interior surfaces, then discard the water.
- 3** Add 2 tablespoons of loose-leaf English Breakfast tea or 2 tea bags to the warmed teapot.
- 4 Brew the tea**

Pour the boiling water over the tea leaves and let steep for 3-5 minutes for desired strength - 3 minutes for lighter tea, 5 minutes for stronger tea.
- 5** Remove the tea bags or strain the loose tea through a fine mesh strainer to prevent over-extraction and bitterness.
- 6 Serve**

Pour the hot tea into cups and add milk, sugar, or honey to taste if desired, then serve immediately while hot.

Tips

Always use fresh, cold water that hasn't been previously boiled. Stale or re-boiled water contains less oxygen and can result in a flat-tasting tea.

Warm your teapot with hot water before brewing to maintain optimal temperature throughout the steeping process and ensure even extraction.

Use the correct tea-to-water ratio: one teaspoon of loose-leaf tea or one tea bag per cup of water. Adjust according to your strength preference.

Steep for exactly 3-5 minutes—any longer and the tea becomes bitter and astringent. Set a timer to ensure consistency.

Add milk after pouring the tea to prevent scalding the milk proteins, which can affect both flavor and texture.

Choose high-quality loose-leaf tea when possible, as it provides better flavor extraction and a more complex taste profile than most tea bags.

If your tap water is hard or heavily chlorinated, use filtered water for better tea flavor and clarity.

Remove tea bags or strain loose leaves immediately after steeping to prevent over-extraction and bitterness.