

# CH. V: METHODS OF PRODUCTION

## HOT TEA

We use Rishi Tea exclusively. Rishi is an award winning tea company, based in Milwaukee Wisconsin. Rishi has been directly importing tea from tea gardens since 1997, and we are proud of our partnership with Rishi.

### Loose Leaf Tea

**1** Measure out your tea. Use 3-5g of tea (around 1 tablespoons) per 12oz serving.

**2** Depending on the type of tea, you may need to cool your water for a minute or two to get to the desired steep temperature. Use this chart:

**Water Temperature by Category:**

<b>Japanese Green Tea</b>	160-180 degrees
<b>Chinese Green Tea</b>	180-190 degrees
<b>White Tea</b>	180-190 degrees
<b>Oolong Tea</b>	190-200 degrees
<b>Black Tea</b>	195-205 degrees
<b>Pu-erh Tea</b>	212 degrees
<b>Herbals</b>	212 degrees

Notes:

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**3** Infuse the tea into the water. Set a timer and steep for the desired amount of time.

**Steep Times by Category:**

<b>Japanese Green Tea</b>	2-3 minutes
<b>Chinese Green Tea</b>	3-4 minutes
<b>White Tea</b>	4-5 minutes
<b>Oolong Tea</b>	4-5 minutes
<b>Black Tea</b>	3-5 minutes
<b>Pu-erh Tea</b>	3-5 minutes
<b>Herbals</b>	3-5 minutes

**4** Multiple infusions. It's a waste to toss the leaves after just one infusion. Most Rishi teas can be brewed 2 or 3 times, each time with new and interesting characteristics. As a general rule, steep for the same amount of time as the first, then tasting after that period to see if it needs longer.

Notes:

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