



# Recommended way of brewing and drinking delicious tea

by Segawa Seicha's tea sommelier.

## Hot tea.



Each type of tea has its own delicious way of brewing and enjoying it.

When you want to drink delicious tamaryokucha,

- ① elute the amino acids that make up the umami flavor.
- ② It is important to suppress the elution of tannin and caffeine that make up the astringency and bitterness.

While the amino acids in tea leaves leach out regardless of the temperature of the water, the higher the temperature of the water, the more tannins and caffeine leach out. Use this principle to make your favorite tea.

- 1 Warm the teapot and teacup.



- 2 Put the tea leaves into the teapot.

1 teaspoon/1 serving



- 3 Pour hot water into the teapot and steam.

Roasted tea/30 seconds.

Shiraoricha, Genmaicha/1 minute.

Black tea/2-3 minutes



- 4 Let it extract thoroughly and pour it to the last drop.



### Amount of Tea Leaves and Brewing Time

The standard amount of tea leaves is 2 ~ 3 g per person, but the amount of hot water varies greatly depending on the size of the teacup. If you use a large teacup, increase the amount of tea leaves accordingly. Brewing time for different types of tea leaves is also important.

## Cold tea.



If you are in a hurry, place a large amount of tea leaves in a teapot, pour hot water, and pour into a heat-resistant glass filled with ice. (※ Hot water will increase the bitterness of the tea.)

- 1 Place the tea bag into the cold water pot.

- 2 Add water to the pot.

For 1 tea bag (8g), add 1.5~2 liters of water.

- 3 Place in the refrigerator. After 1~2 hours, squeeze out the tea bag and remove it from the pot.



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