

How to Make Pu'er Tea

When you make Pu'er tea, 2 things you should know:

1. Water temperature and type: 100% fresh boiled water.
2. The time of tea steeping in the water.

Now let me tell you a simple way how to make Pu'er tea.

Use hot ~ close to boiling 208°F or above, fresh good quality water.

First of all, wash the tea with boiled water. Tea comes from natural mountains, of course some dust on it, esp. Pu'er tea, because of the special aging way, some fungus and/or mold might also be on it. Of course the secondary fermentation process requires the extra bacterial and fungal cultures are the keys to making Pu'er tea special flavor. So we should wash the tea first, not long, shake the tea in the boiled water and pour the wash away, no more than five seconds.

Now we start to make tea. Pour the boiled water into the tea pot; let the tea soak in hot water for about 1-2 minutes for the first time. Many other people talk about 20 seconds for the first steep, but from my own experience you need much longer for the first time. Pour the tea out of the tea pot, use any kind of cups you like and then enjoy your tea. Wait till the tea takes on a dark reddish brown color.

The second time should be very short, because the tea leaves are already completely soaked, so only 5-10 seconds is enough. One thing to remember is not to ever let the tea leaves get dry while you are still using them. Always leave a little bit of water in covering them in the pot.

The third time and fourth time will need longer and longer, depends how strong the flavor you like. If the tea soaks too long, too strong for you, just dilute with some boiled water. If you do like stronger flavor tea, then let the tea leaves soak longer. Once you make Pu'er tea several times and you'll know how strong of flavor you like; you can judge it by the water's color in the tea pot. It's interesting and fun when you get more and more experience about tea. You'll really enjoy it.

The better Pu'er tea, the more time you can reuse the leaves. Pu'er tea just like wine, the beautiful color its special smell and your mood while you drink it. Drinking good Pu'er tea is exactly like you drink a glass of good wine.

Enjoy your tea and be in good health.

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