

Miss Bennet's Perfect Cup of Tea

Directions

- Start by preheating your tea pot. To do this, pour very hot water into the pot, let it stand a few minutes while your water boils and then pour it out again. This will help keep your tea hot and avoid shocking the porcelain pot with the addition of boiling water.
- Fill your kettle with fresh water and bring it to a rolling boil. Allow the water to boil for a few seconds, but not too long or all the oxygen will be released.
- Add the loose tea leaves to your tea pot, allowing 1 tsp per cup of water to be added. You may wish to put the tea in a tea strainer before adding them to the pot, as any leaves left in the pot after brewing will continue to brew making the tea strong and bitter.
- Pour the desired amount of water into your pot, cover it, and let it steep for 3 to 5 minutes (three minutes is preferable). The time varies for different types of tea, but all tea becomes bitter the longer it steeps.
- Remove the leaves or pour the tea through a strainer into your tea cup.
- Serve with sugar, lemon or milk. Although cream and milk seem to be used interchangeably, most authorities agree that cream works best with coffee and milk in tea.



Photo by Paul Savidge

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