

# Is Microwaved Tea Bad?

From the Teas.co.uk wiki

**Is microwaved tea bad, in summary:** No, microwaved tea is not bad for you, it is usually just worse tea: uneven heat and rarely a true boil.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Is Microwaved Tea Bad?. Canonical: <https://teas.co.uk/wiki/is-microwaved-tea-bad/>*

A real transatlantic culture clash question with a simple answer. This sits in the tea myths cluster beside [why tea tastes different abroad](#).

*Last reviewed by the teas.co.uk team in February 2026.*

## Microwaved tea, at a glance

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Question	The answer
Bad for you?	No; microwaving water is not harmful, it is a flavour and method issue
Why it is worse	Uneven heat and rarely a true rolling boil, so under-extracted, flat tea
Superheating	Real but rare physics caveat: water can erupt; heat with something in the cup
Acceptable when Reheating an already-brewed cup,	fine if not ideal
Best practice	A kettle to a true boil; the microwave is a fallback, not a method

## Not bad for you, just worse tea

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Not bad for you, just worse tea, Is Microwaved Tea Bad?. Canonical: <https://teas.co.uk/wiki/is-microwaved-tea-bad/>*

The clear answer separates a health claim from a quality one. There is no evidence that microwaving water or tea is harmful, so "microwaved tea is bad" is a myth in the health sense; this is general information rather than medical advice. What is true is that it usually makes worse tea, for a specific mechanical reason: a microwave heats water unevenly and rarely brings it to the genuine, vigorous rolling boil that black tea in particular needs for proper extraction, so the cup is often under-extracted, flat and slightly off compared with a kettle-brewed one, see [water temperature](#). The one genuine physics caveat is superheating: water heated

in a very smooth container can briefly exceed boiling point without visibly bubbling and then erupt when disturbed, a real if uncommon scald risk, avoided simply by not over-heating and by heating with the teabag or a non-metallic stirrer in the cup so there is a nucleation site.

## The cultural angle, and best practice

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The cultural angle, and best practice, Is Microwaved Tea Bad?. Canonical: <https://teas.co.uk/wiki/is-microwaved-tea-bad/>*

"Never microwave tea" is held with a conviction the actual risk does not justify, and most of the objection is cultural: in strong tea cultures the kettle and the deliberate making of tea are part of the pleasure, so microwaving reads as a small disrespect rather than a hazard, a legitimate aesthetic preference that should be named as one rather than dressed up as science. The genuine, defensible objection is purely quality, the flatter cup, see [why tea is better in England](#). So best practice is simple and unsnobbish: use a kettle to a proper boil when you can, because it makes better tea; reheating an already-brewed cup in the microwave is entirely fine; and if a microwave is all you have, heat the water hot with the cup not bone-dry and the bag or a stirrer in it, steep a touch longer to compensate for the lack of a true boil, and accept a slightly flatter but perfectly safe cup, see [how to make tea properly](#).

## What to buy

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Is Microwaved Tea Bad?. Canonical: <https://teas.co.uk/wiki/is-microwaved-tea-bad/>*

Brew it properly with leaf from the [black tea range](#) or the [green tea range](#), or browse the full [tea shop](#); free UK delivery over £35.

## Reference noted

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- [Encyclopaedia Britannica: Tea \(beverage\)](#)

**FROM THE CURATOR** *teas* · Take the simplest thing on this page that fits your routine. Range and ritual are for week two.

## Tea-myths reading

- [How to make tea properly](#)
- [Ideal water temperatures](#)
- [Why tea is better in England](#)
- [Tea myths debunked](#)

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