

How to Make a Hot Toddy

From the Teas.co.uk wiki

Hot toddy, in short: A hot toddy is hot tea or water with a spirit, honey and lemon: a comforting warming nightcap, not a cold cure, and it contains alcohol. The method.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How to Make a Hot Toddy. Canonical: <https://teas.co.uk/wiki/how-to-make-a-hot-toddy/>*

A hot toddy is a warm drink of tea (or hot water), honey, lemon and usually a spirit, traditionally reached for when cold or run down. A clear guide gives you a good tea-based recipe plus a candid, non-medical word on what it does and does not actually do for a cold.

Last reviewed by the teas.co.uk team in May 2026.

What you need

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What you need , How to Make a Hot Toddy. Canonical: <https://teas.co.uk/wiki/how-to-make-a-hot-toddy/>*

Per serving: a cup of hot black tea (or hot water), a tablespoon of honey, the juice of a wedge of lemon, and, traditionally, a measure of a spirit such as whisky. Optional: a cinnamon stick, clove, or fresh ginger.

How to make it, step by step

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to make it, step by step , How to Make a Hot Toddy. Canonical: <https://teas.co.uk/wiki/how-to-make-a-hot-toddy/>*

Brew a cup of black tea and, while hot, stir in the honey until dissolved. Add the lemon juice and the spirit if using, plus any spices, and stir. Sip warm. A caffeine-free herbal base (ginger, chamomile) works well if you want it for the evening without caffeine, and it is fine and common to make it with no alcohol at all.

How to make it genuinely good

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to make it genuinely good , How to Make a Hot Toddy. Canonical: <https://teas.co.uk/wiki/how-to-make-a-hot-toddy/>*

Genuinely good hot toddy is balanced: enough honey to soothe and round it, enough lemon to brighten, not so much spirit that it is harsh, and warm rather than scalding. Real honey and fresh lemon make a

noticeable difference; fresh ginger adds a genuine warming bite. The non-alcoholic version with ginger and honey is excellent in its own right.

The honest note

A hot toddy feels soothing for a sore throat mainly because warm fluid, honey and the comforting ritual genuinely ease the symptoms a little; honey in particular has reasonable evidence for soothing a cough and throat, and that is a real, modest comfort. What it is not is a cure or a treatment, and the alcohol does not help you recover; if anything it can disrupt sleep and hydration. The warmth, honey and lemon do the soothing; the spirit is optional and traditional rather than therapeutic. General information, not medical advice.

A hot toddy, at a glance

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How to Make a Hot Toddy. Canonical: <https://teas.co.uk/wiki/how-to-make-a-hot-toddy/>*

Element	Short rule
What it is	Hot tea or water, a spirit, honey and lemon; a warming nightcap
Tea base	A black tea or plain hot water; brew it properly, not stewed
Spirit	Whisky is classic; rum or brandy work; the alcohol is real
Honey and lemon	To taste; added off the boil so the aromatics survive
Clear note	A pleasant warming drink, not a cold cure; it contains alcohol

Reference noted

- [Britannica: Tea](#)

FROM THE CURATOR teas · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How to Make a Hot Toddy. Canonical: <https://teas.co.uk/wiki/how-to-make-a-hot-toddy/>*

More from the tea wiki

- [Honey in tea](#)
- [Black tea](#)
- [How to brew tea](#)
- [How to make chai](#)
- [Iced tea guide](#)

Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



Teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/