The Standard Peppermint Leaves Cup

From the teas.co.uk wiki

A good peppermint cup is clear, cooling and never bitter, and getting there is mostly about restraint. Whole peppermint leaves, as in Teapigs, hold far more of the menthol oil than crushed dust; the usual mistake is brewing too hot for too long, which boils off the freshness and leaves a flat, hay-like cup.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Peppermint Leaves Cup recipe. Canonical: https://teas.co.uk/recipes/mint-tea/the-standard-peppermint-leaves-cup/*

A single mug of Teapigs Peppermint Leaves, nothing but peppermint and no caffeine. One mug, a few minutes, and settling after a meal.

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