How to Brew a Cup of Mint Tea

From the teas.co.uk wiki

This is the cup to start with if you want to taste what Dragonfly Organic Three Mint Medley actually does. Mint is the opposite of rooibos when it comes to heat: it does not want a fierce boil. Take the kettle just off the boil to around 95C, because a rolling boil scalds the menthol oils and leaves the cup bitter. Warm the mug, pour over, and steep for six minutes.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew a Cup of Mint Tea recipe. Canonical: https://teas.co.uk/recipes/mint-tea/how-to-brew-a-cup-of-mint-tea/*

The one thing people skip is the cover. Mint holds its character in volatile oils that drift off fast in an open cup, so a saucer over the rim keeps the aroma in where it belongs. Given the time, the three mints arrive in turn: peppermint and its cool lift first, the softer sweetness of spearmint through the middle, and the rounder, grassier field mint settling in underneath.

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