How to Make a Proper Builder's Brew

From the teas.co.uk wiki

This is the cup that matters most: a proper builder's-strength mug, done right. Teapigs Everyday Brew is a whole-leaf blend in a plant-based temple, so it has more to give than a dusty supermarket bag, and a few small things, the water, the timing and where the milk goes, make the difference between a flat cup and a full one.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Make a Proper Builder's Brew recipe. Canonical: https://teas.co.uk/recipes/black-tea/how-to-make-a-proper-builders-brew/*

It is the everyday foundation: bright, brisk and malty. One mug, a couple of minutes.

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