How to Re-Steep Loose-Leaf Green Tea

From the teas.co.uk wiki

Good loose-leaf green tea is worth re-steeping: the same leaves will give you a second, and often a third, cup. The first steep is short and bright; the second, a touch longer because the leaves have already opened, comes out softer and grassier.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Re-Steep Loose-Leaf Green Tea recipe. Canonical: https://teas.co.uk/recipes/green-tea/how-to-re-steep-loose-leaf-green-tea/*

It is the easiest way to get more from your tea, and a good way to taste how the flavour shifts between infusions. Makes two cups from one teaspoon.

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