A Proper Cup of Earl Grey

From the teas.co.uk wiki

Earl Grey is black tea scented with bergamot, and it brews like any black tea: boiling water and four minutes to bring the bergamot through. It is one of the few teas you can take either way, with a splash of milk or a strip of lemon, but not both at once, as lemon and milk do not mix.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Proper Cup of Earl Grey recipe. Canonical: https://teas.co.uk/recipes/earl-grey/a-proper-cup-of-earl-grey/*

The bergamot carries it, so it needs no sugar. Makes one mug.

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