A Proper Cup of English Breakfast Tea

From the teas.co.uk wiki

This is the everyday cuppa done properly. A good Ceylon black tea bag, freshly boiled water and four minutes brings out its brisk, malty character and clean amber colour.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Proper Cup of English Breakfast Tea recipe. Canonical: https://teas.co.uk/recipes/black-tea/a-proper-cup-of-english-breakfast-tea/*

Add the milk after the brew, the UK way, so you can judge the strength, and skip the sugar unless you really want it. Makes one mug.

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