Builder's Brew

From the teas.co.uk wiki

A builder's brew is a cup of tea with its sleeves rolled up: strong, hot and sweet, the kind that gets you through a cold morning on site. The trick is to brew it longer than you would a polite cup, then give the bag a good squeeze against the side of the mug to wring out every last bit of strength. Milk and two sugars are traditional, though you can suit yourself. Best served with a biscuit for dunking.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Builder's Brew recipe. Canonical: https://teas.co.uk/recipes/black-tea/builders-brew/*

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