

Dalgety Instant Ginger Tea: a ginger drink you stir, not steep

From the teas.co.uk wiki

Dalgety Instant Ginger Tea: a ginger drink you stir, not steep, in summary: Dalgety Instant Ginger dissolves in hot water instead of steeping: 126g across 18 servings, about 7g each. The heat arrives all at once, there is no bag to throw away, and it contains no caffeine.

Last reviewed by the teas.co.uk team in September 2026.

Everything in the serving ends up in the mug, and that one fact separates this from any ginger tea bag. There is no steeping time to judge, nothing to lift out and no way for it to stew.

Stirred, not steeped

A tea bag keeps its leaf or root when you lift it out; an instant leaves nothing behind. The brand calls this Instant Ginger, and the arithmetic supports the name: 126g over 18 servings is 7g each, far more than a single bag holds in either of the 18-bag Dalgety herbal boxes we stock. That is simply how instant ginger drinks are portioned, not a sign of a stronger brew.

Because the whole serving dissolves, the drink has more body than a ginger infusion, with a slight cling on the tongue. It cannot turn bitter or stewed, since there is no steeping to overdo. The pack's own preparation instructions come first; our notes are about how an instant of this kind behaves once the water goes in.

How the heat arrives

A steeped root gives up its warmth gradually; an instant releases it the moment the powder meets the water. The first mouthful is the hottest it will be, and the aroma lifts sharply off the mug and fades just as quickly, so drink it while it is fresh rather than letting it stand. Ginger's warmth is broad and round, settling across the middle of the tongue and fading cleanly rather than building like chilli.

Some people find that all-at-once heat blunt; others like it for exactly that reason. If powder is left at the bottom of the mug, the answer is more stirring and hotter water: give it ten full seconds, working the spoon round the base of the mug rather than swirling the surface. It is almost always a stirring problem rather than

a fault in the product.

Where it fits in the Dalgety range

Dalgety's range is built on single botanicals sold plainly in small everyday packs, and most of it asks you to brew. We also stock the Strong Honey & Ginger and Strong Lemon & Ginger tea bags. Choose those when you want the slow pleasure of a steeped mug, and this instant when you want hot ginger at a desk, on a work site or anywhere a used bag would be a nuisance.

There is no [caffeine](#) in it: ginger is a root, and the pack names no tea leaf, so it is caffeine free by what it is made from rather than by any decaffeination. That makes it an easy last hot drink of the day. For something alongside, an oat biscuit suits it better than anything heavy with [chocolate](#), and a ginger oat biscuit doubles up on the warmth.

The packs we stock

- [Dalgety Instant Ginger Tea, 126g](#)

What to eat with it

- [Nairn's Gluten Free Oat & Ginger Biscuit Breaks, 160g](#): oat and ginger together double up on the warmth of the drink.
- [Nairn's Gluten Free Oaties Biscuits, 160g](#): a plain oat biscuit that lets the ginger heat do the talking.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): a butterscotch biscuit softens the blunt first hit of an instant ginger.

Elsewhere in the Dalgety range

- [Dalgety Strong Honey & Ginger 18 Herbal, 72g](#)
- [Dalgety Strong Lemon & Ginger Herbal, 18 Tea Bags 54g](#)

The full range is on the [Dalgety brand page](#).

FAQ

Is Dalgety Instant Ginger a tea bag? No. It is a powder you stir into hot water, and the whole serving dissolves into the mug.

Is there any caffeine in instant ginger? No. Ginger is a root, and the pack names no tea anywhere, so there is no caffeine to take out.

How many drinks are in the pack? The 126g pack works out at 18 servings of about 7g each.

What if powder settles in the bottom of the mug? It needs a longer stir or hotter water. Give it a full ten seconds and work the spoon round the base.

Is it sweetened? Check the current pack. We do not hold the ingredient list for it, so we will not guess.

Curator's note: keep it in a desk drawer for afternoons when you want warmth without the fuss. Stir it for longer than you think you need to. Lee, teas.co.uk, Tunbridge Wells.

In short: Dalgety Instant Ginger Tea: a ginger drink you stir, not steep

Field	Detail
Brand	Dalgety
Packs we stock	126g
Category	Fruit & Herbal Tea
Caffeine	caffeine free
Format	Stir into hot water, no bag
When	Any hour, late evening included
Best with	A ginger or plain oat biscuit

More from the tea wiki

- [Dalgety: Caribbean Herbal Tradition](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
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