

Twinings Assam Loose Tea: Giving the Leaf Room

From the teas.co.uk wiki

Twinings Assam Loose Tea: Giving the Leaf Room, in summary: Assam is the malty, heavy end of black tea, and sold loose it needs space to open. Use a level teaspoon per 250ml, water straight off the boil and four minutes in a covered pot, then add milk.

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

[Assam](#) leaf is large and swells hard once it is wet, so how you brew it changes the cup more than it does with most black teas. Give it a roomy pot and it pays you back in slow, rounded malt that a squeezed bag never quite reaches.

An origin, not a blend

Most [English Breakfast](#) blends are built around Assam, but a blend mixes several origins to keep the cup identical from one season to the next. A carton sold simply as Assam gives up that sameness in exchange for character. The cup is maltier and heavier, sweeter in the finish, and it holds its shape when milk goes in rather than fading. It also makes a sound foundation for homemade [chai](#), since spice needs something solid beneath it.

On the Twinings shelf, its nearest relation is the bagged Assam in the eighty-bag box: the same origin, made convenient. The English Breakfast loose carton is the blended alternative in the same format. Choose this one if you already brew in a pot and want malt to be the whole point of the cup rather than one ingredient among several.

Why the leaf needs space

Broad Assam leaf expands to several times its dry size. Packed into a bag, it stays compressed, the water runs around the outside and the centre of the leaf gives up very little, which is where a flat, tannic mug comes from. Loose in a pot, the same leaf unfolds and releases its malt evenly. That is why a roomy basket or a pot with a strainer matters, and why a cramped tea ball undoes the whole exercise.

Measure with a spoon rather than by eye. A level teaspoon weighs about 2.5 grams, and because the leaf is bulky it looks like more than a spoon of fine blend while weighing much the same. At that dose the 125g carton gives roughly 50 cups, which is our own working rather than a figure on the pack. Keep the carton

closed and away from the kettle's steam so the leaf stays fresh to the end.

Four minutes, covered, then milk

Pour on water straight off the boil and put the lid on, because big leaf loses heat quickly and a cooling pot leaves the malt behind. Four minutes is the target. Stop at three for something lighter and sweeter; push to five and expect the malt to give way to tannic grip. The liquor darkens long before the flavour has finished building, so judge it by taste at four minutes, not by colour at two.

Milk is what this tea is made for. There is enough weight in the cup for milk to soften the malt without diluting it into nothing, while lemon points the wrong way entirely. If the grip ever tastes harsh, use a little less leaf next time rather than shortening the steep; a rushed brew is how people end up drowning a pale mug in milk.

The packs we stock

- [Twinings Assam Loose Tea, 125g](#) (barcode 070177010119)

What the label says

The published ingredient list for Twinings Assam Loose Tea, 125g names none of the 14 major allergens. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to eat with it

- [McVitie's Hobnobs Dark Chocolate Biscuits The Oaty One, 262g](#): an oaty dark [chocolate](#) biscuit with enough weight of its own to meet a malty, milky Assam head on.
- [McVitie's Rich Tea The Classic One Twin Pack, 2 x 300g 600g](#): a simple, unfussy biscuit that leaves the malt in the pot to do the talking.
- [Border Classic Biscuit Sharing Pack, 400g](#): a sharing pack for a full pot and a full table, so everyone has something beside their cup.

Elsewhere in the Twinings range

- [Twinings Assam, 80 Tea Bags 200g](#)
- [Twinings Black Tea Discovery Collection, 20 Tea Bags 40g](#)
- [Twinings Darjeeling, 40 Tea Bags 100g](#)
- [Twinings Decaffeinated Everyday, 80 Tea Bags 250g](#)
- [Twinings Earl Grey Discovery Collection, 20 Tea Bags 40g](#)
- [Twinings English Afternoon, 80 Tea Bags 200g](#)

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

FAQ

How much loose Assam should I use per cup? A level teaspoon, about 2.5 grams, for each 250ml of water. The leaf is bulky, so the spoon will look fuller than it weighs.

Can I brew it without a teapot? Yes, with a roomy basket infuser in a large mug or a strainer to pour through. Avoid small tea balls, which stop the leaf opening.

Is Assam the same as English Breakfast? No. Most English Breakfast blends are built around Assam, but this carton is Assam on its own, so it is maltier and heavier than a blend.

Does Twinings Assam contain caffeine? Yes. It is a caffeinated [black tea](#), which makes it a morning pot rather than a late one.

Is it a good tea for chai? It is the natural choice. Its heavy malt stands up to spice and milk far better than a lighter black tea would.

Curator's note: Warm the pot, cover it, and give it the full four minutes before you reach for the milk. With Assam the colour tells you very little; the taste tells you everything. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings Assam Loose Tea: Giving the Leaf Room

Field	Detail
Brand	Twinings
Packs we stock	125g
Category	Loose Leaf Tea
Allergens (as published)	The published ingredient list for this product names none of the 14 major allergens.
Caffeine	caffeinated
Best brewed	Loose in a covered pot, four minutes
Milk	Yes, generously
Best with	An oaty chocolate biscuit or a plain one

More from the tea wiki

- [Twinings: Tea Range and Buying Guide](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [English Breakfast Tea: Brands & the Proper Cup](#)
- [Assam Tea: Taste and UK Buying Guide](#)
- [Loose Leaf Tea: Why It Is Better, and Barely Harder](#)
- [Builders' Tea: The Working Class Story](#)

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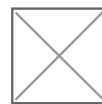
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