

Twinings English Breakfast Loose Tea: Leaf Versus Bag

From the teas.co.uk wiki

Twinings English Breakfast Loose Tea: Leaf Versus Bag, in summary: The breakfast blend idea you know from the bag, in a larger leaf that brews slower and broader. Use a rounded teaspoon per cup, brew four minutes, then separate the leaf; a fine mesh basket stops the silt.

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

A tea bag has to hold finely cut leaf, and that single fact explains why loose [English Breakfast](#) tastes like a different drink. With room in a pot, the bigger leaf opens gradually and the cup comes out rounder and maltier, with a finish that lasts.

Why leaf grade changes the cup

Finely cut leaf exposes a lot of surface to the water, which means a quick, hard extraction that is over within a couple of minutes. That suits a bag, where the leaf is packed tight with little room to open, and it is why bagged breakfast tea tastes brisk but narrow. [Loose leaf](#) in a pot works the other way round: it opens out, extracts gradually and keeps building through the fourth minute.

Aroma is the other difference. Crush leaf fine enough for a bag and much of its scent escapes long before the kettle goes on, so a freshly opened carton of loose leaf smells noticeably richer. The trade is simple. You gain flavour and give up some convenience, taking on a strainer, a teapot or basket, and a little more washing up.

Measuring and brewing

Use one rounded teaspoon, roughly 2.5 grams, per cup. The old extra spoon for the pot mostly just makes a modern blend stronger, so save it for mornings when you want the pot robust. At that measure the 125g carton gives about 50 cups by our own sum, not a figure from the pack, and generous spoons mean fewer cups.

Warm the pot first with a splash of hot water, since a cold pot pulls heat out of the brew. Then pour on water straight off the boil. Four minutes is the mark; stop at three and it is light, push to five and it turns hard. When the time is up, separate leaf from liquid by lifting the basket or pouring off the whole pot, because loose leaf

keeps brewing for as long as it sits.

Keeping silt out of the mug

What puts most people off loose breakfast tea is the sludge in the bottom of the cup. Breakfast leaf is cut small, so an old-fashioned strainer with wide holes lets the fragments through, and a fine mesh basket fixes the problem completely. Avoid cramped ball infusers as well, because they stop the leaf opening and give a thin, disappointing cup.

No teapot is no problem, provided something keeps leaf and water apart. A basket sitting in a mug does the job if the leaf has space to move, or you can brew straight in a jug and pour it through a tea strainer into your cup. Keep the carton sealed between uses so the aroma that makes loose leaf worth the effort stays put.

The packs we stock

- [Twinings English Breakfast Loose Tea, 125g](#) (barcode 070177010539)

What the label says

The published ingredient list for Twinings English Breakfast 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 Rich Tea The Classic One Twin Pack, 2 x 300g 600g](#): a modest biscuit that keeps the attention on a broad, malty pot.
- [McVitie's Jaffa Cakes Digestive Biscuits, 250g](#): the Jaffa Cakes version of a digestive, with enough character to sit beside a four-minute breakfast cup with milk.
- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): ginger heat and dark [chocolate](#) stand up to the tannin edge of a strong pot.

Elsewhere in the Twinings range

- [Twinings Assam, 80 Tea Bags 200g](#)
- [Twinings Assam Loose Tea, 125g](#)
- [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](#)

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

FAQ

How much loose tea should I use per cup? One rounded teaspoon, about 2.5 grams. An extra spoon for the pot makes it stronger rather than better.

How many cups does the 125g carton make? About 50 at a rounded teaspoon each, by our own sum rather than a figure printed on the pack.

Why is there sediment in my cup? Breakfast leaf is cut small and slips through wide strainers. A fine mesh basket keeps it out.

Is loose English Breakfast stronger than the bags? It tastes broader and maltier with a longer finish rather than simply stronger, because the larger leaf opens and brews more slowly.

Is loose English Breakfast a morning-only tea? It is firmly caffeinated, so it suits the morning and early afternoon far better than a late pot.

Curator's note: Buy a fine mesh basket with your first carton and you will never go back to the silt. Four minutes, lift it out, milk in: that is a proper pot of breakfast tea. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings English Breakfast Loose Tea: Leaf Versus Bag

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
Per cup	One rounded teaspoon
Brew	Four minutes, then separate the leaf
Kit	A fine mesh basket or strainer

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](#)
- [Loose Leaf Tea: Why It Is Better, and Barely Harder](#)

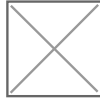
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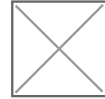
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