

Twinings Strong English Breakfast: What the Extra Leaf Does

From the teas.co.uk wiki

Twinings Strong English Breakfast: What the Extra Leaf Does, in summary: A separate, heavier breakfast blend rather than the usual one in a bigger box: just over 3g of brisk leaf per bag, made to stay dark and malty under a generous pour of milk.

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

The gap between this and an ordinary breakfast tea is roughly half a gram of leaf in every bag. That small extra dose, together with a brisker choice of leaf, is what lets the mug stay dark and malty once the milk goes in.

Half a gram more, and why it matters

A typical everyday tea bag holds about 2.5g of leaf. Each bag in this 250g box of 80 carries a little over 3g, and the leaf is chosen to give itself up quickly and briskly. Twinings treats Strong [English Breakfast](#) as its own recipe, not the regular blend scaled up, so the character shifts as well as the strength: darker bready malt, a dry snap on the swallow and very little sweetness.

The result shows in the mug. A lighter breakfast tea tends to go pale and flat under a heavy splash of milk; this one reaches a deep copper colour inside three minutes and still tastes of tea once the milk is in. Drunk black it is brisk and savoury rather than honeyed, so it suits people who take it plain as much as those who like it strong and white.

Four covered minutes, one mug per bag

Use water fresh off the boil and brew for three to four minutes with a saucer on top, stretching to five for a very milky cup. The colour arrives early, but the heavier malt is the slowest thing to leave the leaf, so a bag pulled at the first sign of a dark brew gives a mug that looks strong and tastes oddly thin.

One bag makes one large mug, so the box gives 80 cups. There is little point squeezing a second cup from a used bag: the leaf is cut to release nearly everything in a single brew, and a repeat comes out thin and papery. An 80-bag box suits a house that brews several mugs a day and wants each one to taste like the

last.

Choosing it over the other Twinings boxes

Next to the [Assam](#), English Afternoon and [Darjeeling](#) boxes in the same range, this is the one to pick when strength is the whole brief, while the English Breakfast Decaffeinated boxes are the ones to keep for late evening. It is a blend rather than a single-garden tea, which is how the house keeps each box tasting like the last one.

It suits a household that brews in the mug, pours milk without measuring and wants a proper builder's cup first thing or after a meal. It is a caffeinated [black tea](#), and the larger dose of leaf puts it towards the stronger end of everyday tea, so treat it as a morning and early afternoon box rather than a late one.

The packs we stock

- [Twinings Strong English Breakfast, 80 Tea Bags 250g](#) (barcode 070177136994)

What to eat with it

- [McVitie's Hobnobs Dark Chocolate Biscuits The Oaty One, 262g](#): oats and dark [chocolate](#) have the weight to meet a malty, milky mug without disappearing into it.
- [McVitie's Rich Tea The Classic One Twin Pack, 2 x 300g 600g](#): a light, classic biscuit for dipping into a mug this sturdy.
- [McVitie's Gluten Free Original Hobnobs Biscuits, 150g](#): the gluten-free Hobnob, so nobody at the breakfast table goes without a biscuit beside a strong mug.
- [Border Classic Biscuit Sharing Pack, 400g](#): a sharing pack for when a pot of strong tea is going round the table.

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 is Strong English Breakfast different from the ordinary blend? It is a separate blend with brisker leaf, and each bag holds just over 3g against about 2.5g in a standard everyday bag, so it colours faster and keeps its depth under milk.

Why does it taste thin if I rush it? Because the heavier malt is the last thing out of the leaf. Give it three to four minutes, covered, in water just off the boil, and five for a very milky mug.

Is it any good without milk? Yes, if you like a dry, brisk cup. Black, it reads malty and savoury with very little sweetness.

Does it have more caffeine than a normal tea bag? It is a caffeinated black tea, and the bigger leaf dose puts it towards the higher end for everyday tea. Any stated figure will be on the current UK box.

Can I use the bag twice? Not usefully. The leaf gives up nearly everything in one brew, so a second cup is thin.

Curator's note: Give it the full four minutes under a saucer, then pour the milk with a heavy hand. This is a breakfast tea that likes being treated roughly. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings Strong English Breakfast: What the Extra Leaf Does

Field	Detail
Brand	Twinings
Packs we stock	80 Tea Bags 250g
Category	Everyday Tea Bags
Caffeine	caffeinated
Brew	Three to four minutes, covered; five for a milky mug
Milk	Yes, and plenty of it
Best with	Oaty or chocolate biscuits

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](#)
- [Builders' Tea: The Working Class Story](#)

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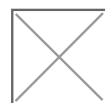
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