Tea and Chocolate Pairing

From the teas.co.uk wiki

> **Tea and chocolate, in summary:** Different chocolate wants different tea: dark with chai or Lapsang, milk with strong British black, white with matcha. The classic matches and the method.

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

Tea and chocolate is one of the most rewarding sweet pairings, different chocolate types want different teas. Dark chocolate with chai; milk chocolate with English Breakfast; white chocolate with green tea; flavoured chocolate with matched flavoured tea. The category invites experimentation.

The classic pairings

Dark chocolate (70%+ cocoa) + chai

Spice + chocolate is one of the world's great pairings. Cardamom, cinnamon, ginger all complement dark chocolate's complexity.

Dark chocolate + Lapsang Souchong

Smoke + cocoa. Surprising and excellent. Both have intensity that holds up to each other.

Milk chocolate + Yorkshire Tea / English Breakfast

Sweet milk chocolate + strong British tea + milk = comfort pairing.

White chocolate + matcha

Cream + matcha umami = classic Japanese influenced pairing. Matcha cuts through white chocolate's sweetness.

Mint chocolate + green tea or chai

Mint + green tea = double mint. Mint chocolate + chai = mint character + spice complexity.

Orange chocolate + Earl Grey

Citrus + bergamot citrus. Same flavour family.

Chocolate truffles + premium oolong

Rich truffles + complex floral oolong. Refined pairing.

Chocolate ganache + chai latte

Rich chocolate + spiced milk tea. Decadent.

Hazelnut chocolate + hojicha

Nutty chocolate + roasted Japanese green tea. Toasty on toasty.

Pairing principles

Match cocoa intensity to tea body

- 70%+ dark chocolate: strong tea (chai, Lapsang, roasted oolong).
- 50-65% dark chocolate: medium tea (English Breakfast, oolong).
- Milk chocolate: strong British tea or rooibos chai.
- White chocolate: matcha, jasmine green, or Earl Grey.

Complement vs contrast

- **Complement:** Mint chocolate + mint tea; orange chocolate + Earl Grey.
- **Contrast:** Dark chocolate + green tea (cuts through richness).

Match origin where possible

Latin American chocolate with Mexican style hot chocolate traditions and chai. Belgian chocolate + Belgian tradition Earl Grey.

The chocolate and tea tasting approach

1. Select 3-4 chocolates spanning cocoa percentages (70%, 60%, milk, white).
2. Select 3-4 teas (chai, English Breakfast, green, Earl Grey).
3. Try each chocolate with each tea systematically.
4. Take notes on what works best.
5. Sip water between pairings to reset the palate.

Specific chocolate pairings

Chocolate	Best tea
85% dark	Pukka Three Cinnamon, chai, Lapsang Souchong
70% dark	Chai, Yorkshire Tea, Da Hong Pao
60% dark	English Breakfast, Earl Grey
Milk chocolate	Yorkshire Tea, rooibos chai
White chocolate	Matcha, jasmine green, Earl Grey

Mint chocolate	Pukka Three Mint, chai
Orange chocolate	Earl Grey, lemon green tea
Caramel chocolate	Chai, salted caramel chai latte
Hazelnut chocolate	Hojicha, Earl Grey
Chilli dark chocolate	Pu erh, chai
Sea salt dark chocolate	Roasted oolong, salted caramel chai

British chocolate brands worth pairing

- **Hotel Chocolat.** Premium British chocolate. Wide range.
- **Green & Black's.** Organic, accessible.
- **Cadbury.** Mass market British classic.
- **Pump Street Bakery.** Small batch maker.
- **Specialist single origin.** From specialty chocolate retailers.

Tea infused chocolate

Chocolate flavoured with tea is a real category:

- **Earl Grey chocolate.** Bergamot infused. Hotel Chocolat does this well.
- **Matcha chocolate.** Green tea + white chocolate. Specialist Japanese influenced.
- **Chai chocolate.** Spiced chocolate.
- **Jasmine chocolate.** Floral specialty.

For tea infused chocolate, pair with the same tea (or close to it) that's in the chocolate.

The British tradition

Tea + chocolate is increasingly central to British afternoon tea hospitality. Hot chocolate + chai mash ups (chai spiced hot chocolate) are a growing café trend.

FAQ

Best tea with chocolate? Depends on chocolate. Chai for dark; English Breakfast for milk; matcha for white.

Most surprising pairing? Lapsang Souchong with dark chocolate: smoke and cocoa together are excellent.

Caffeine free chocolate pairing? Rooibos chai with milk chocolate.

Best for tasting? Try multiple chocolates with one tea, then multiple teas with one chocolate.

Tea infused chocolate? Yes, Earl Grey chocolate, matcha chocolate, chai chocolate exist.

Curator's note: tea and chocolate is one of the most rewarding pairings to explore. Dark chocolate with chai on a winter evening is a treat. The right combination really transforms both. Lee, teas.co.uk, Tunbridge Wells.

Single origin chocolate, and chocolate desserts

Once the intensity rule feels comfortable, single origin chocolate behaves like wine: a bright, fruity Madagascar dark wants a Darjeeling or jasmine green, a balanced Venezuelan suits Keemun or Yunnan Dianhong, a floral Ecuadorian takes white tea or a light oolong, a strong Ghanaian needs Assam or English Breakfast, and an earthy Peruvian meets pu erh or dark roasted oolong. The same logic runs through chocolate desserts: brownies with strong black, chocolate cake with malty Assam, mousse with jasmine green, chocolate ice cream with iced matcha. The point is not to memorise a chart but to understand why each match works, intensity meeting intensity, or a flavour complemented or cut, so you can extend it to whatever is in front of you. Explore single origin friendly teas in the oolong range, the Darjeeling range, or the full tea shop.

FROM THE CURATOR

teas · Match the tea to the moment. A 6am brew and a 4pm one can differ, chocolate or not.

Companion pairing reading

- Chocolate and tea pairings (the full guide)
- about Earl Grey
- Chai
- Matcha

More related guides

- Teapigs Chocolate Flake: Real Chocolate Meets Real Tea

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

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