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Cup of tea (polish way)

Forked from [How to make a cup of tea](#)tomasz.zielinski¹, ines.boehm²¹University of Edinburgh; ²University of Edinburgh**1** Works for me This protocol is published without a DOI.

BioRDM

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ABSTRACT

This protocol is part of the lesson within the [FAIR in \(biological\) practice](#) Carpentry course. Here we explore the perfect protocol to brew tea the polish way.

Tea in Poland is served in transparent glasses to admire the colour of the tea and judge its "strength". Tea is never served with milk but often with a bit of lemon.

PROTOCOL CITATION

tomasz.zielinski, ines.boehm 2021. Cup of tea (polish way). **protocols.io**
<https://protocols.io/view/cup-of-tea-polish-way-buu5nwy6>

FORK NOTE

Recommends using glass instead of mugs, removed milk

FORK FROM

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KEYWORDS

brewing tea

LICENSE

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IMAGE ATTRIBUTION

Photo by [Nathan Dumlao](#) on [Unsplash](#)

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GUIDELINES

Brew tea fresh on demand.

MATERIALS TEXT

- Ideally soft tap water, Scottish tap water is perfect
- Andrew James 1.8L kettle
- Transparent 250ml glass or mug
- Black tea - Brodies Tea bag, 2g
- sugar
- lemon
- tea spoon

SAFETY WARNINGS

Black tea is a liquid so elevated consumption might lead to increased bladder activity.

BEFORE STARTING

Make sure the kettle is cleaned and the bottom of the kettle is free of lime-scale.

Should there be lime-scale, add small amount of 5% vinegar just covering the base to the kettle and leave overnight, or add about half a cm of 5% vinegar and boil the kettle. The latter should get rid of the lime-scale right away.

Any type of malt-vinegar should do the job.

Preparation of water and tea

- 1 Fill the kettle with over 250mL of water, or until your min fill line and boil the water.
- 2 In the meantime prepare your tea bag, unpack it and place it in the transparent glass (or a mug). If the paper tag is present, position it outside of the mug.
- 3 Once the water is boiled, instantly pour the hot water into the mug. Hint: Ensure you fix the tag on the outside of the mug with your finger, to avoid falling in of the string + tag of the tea bag. Otherwise removal of the tea bag becomes more difficult.

Brewing

2m

- 4 Brew the tea for 1 to 3 min, keep an eye on the changing color you want to interrupt brewing once it reaches light brown, like oak wood. Don't wait too long till it becomes dark brown that is considered a too strong tea in Poland.
- 5 Use the string/tag to remove the tea bag. Discard the tea bag in your compost for [most appropriate recycling](#).

Flavouring

- 6 Add 2 teaspoons of sugar
- 7 Wait 5 minutes and either squizz in few drops of lemon or insert a lemon slice. See how the color changes to bright brown or yellow. Hint: Never add lemon to boiling hot tea as it destroys the natural vitamin C.
- 8 Enjoy!