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# How to make a cup of tea

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record keeping

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

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brewing tea

protocol ,

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Brew tea fresh on demand.

- Ideally soft tap water, Scottish tap water is perfect
- Andrew James 1.8L kettle
- Ceramic mug or cup
- Earl Grey tea - Brodies Tea bag, 2g
- Soy milk
- tea spoon

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

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 over-night, 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 ~500mL 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 cup/mug so that the tag is positioned outside of the mug.
- 3 Once the water is boiled, instantly pour the hot water into the mug. 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

- 4 Brew the tea for 5 min
- 5 Use the string/tag to remove the tea bag. Discard the tea bag in your compost for [most appropriate recycling](#).

#### Flavouring

- 6 Add 5 mL = 1 teaspoon soy milk to your tea
- 7 Enjoy!

