

London Fog Tea Latte

Learn to make the perfect London Fog Tea Latte with Earl Grey tea, steamed milk, and vanilla syrup. Includes variations and expert tips.

5	10	15	1	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

London Fog Tea Latte

Ingredients

- 1 cup water
- 1 cup milk

Instructions

- Prepare the Tea Base**

Bring 1 cup of water to a rolling boil in a kettle or small saucepan, reaching 212°F (100°C).
- Place 1 Earl Grey tea bag in your serving mug and pour the boiling water over it, filling the mug completely.
- Steep the tea for exactly 4 minutes to extract the bergamot oils without developing bitterness.
- Heat and Froth the Milk**

Pour 1 cup of milk into a small saucepan and heat over medium-low heat until small bubbles form around the edges and steam rises, about 3-4 minutes, reaching 150°F (65°C).
- Remove the milk from heat and froth using a milk frother, French press, or whisk until doubled in volume and creamy, about 30 seconds.
- Assemble the London Fog**

Remove the tea bag from the mug, gently pressing it against the side to extract remaining liquid without squeezing.
- Add 1-2 tablespoons of vanilla syrup to the hot tea and stir until completely dissolved.
- Pour the frothed milk into the tea, holding back the foam with a spoon, filling the mug to within 1/2 inch of the rim.
- Spoon the remaining milk foam on top to create a thick layer, then serve immediately while hot.

Tips

Use high-quality Earl Grey tea for the best flavor, as the distinctive bergamot oil is essential to achieving the authentic London Fog taste profile.

Steep the Earl Grey tea for exactly 3-5 minutes to avoid bitterness while extracting optimal flavor and aroma from the bergamot.

Heat milk to 150-160°F (65-70°C) for optimal frothing - too hot and it won't foam properly, too cool and it won't integrate well with the tea.

Add vanilla syrup to the hot tea before adding milk to ensure even distribution and prevent the syrup from sinking to the bottom.

For the best froth without a milk frother, use a French press or whisk warm milk vigorously in a deep bowl to create microfoam.

Preheat your mug with hot water before making the drink to maintain the optimal serving temperature longer.

Adjust the tea strength by using two tea bags for a stronger bergamot flavor, or steep longer if you prefer a more robust tea base.

Experiment with different milk types - whole milk froths best, but oat milk provides excellent flavor and texture for a dairy-free version.