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ROOIBOS

A cup a day Keep doctor away



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Rooibos Tea Recipe



ROOIBOS COOKING :

- Rooibos is a natural meat tenderiser; use it as the basis of your chicken, beef or lamb marinade. Give a tangy taste to stews or potjiekos by replacing the water with Rooibos
- Rooibos adds extra flavour to sauces. Dissolve stock cubes in Rooibos for an aromatic taste.
- Rooibos can be used to substitute milk in almost any recipe.
- Soak dried fruit overnight in cold Rooibos. There is no need to add sugar when cooking the fruit.
- Add colour to your marmalade by cooking the fruit in Rooibos.
- Dilute powdered and frozen cold drink concentrates with Rooibos instead of water.
- Substitute coffee with Rooibos when making Irish coffee and serve as a caffeine free alternative.
- Make delicious ice tea by mixing ice cold

Rooibos with sugar/honey and lemon, or mixing it with your favourite fruit juice.

- Sweeten a pot of strong Rooibos with honey to taste. Stir well to make sure all the honey is dissolved. Leave in fridge overnight. Serve as an ice cold, refreshing drink.

ROOIBOS BEAUTY :

- Wash your face with lukewarm Rooibos instead of water; it is a great alternative skin freshener.
- Rinse dark hair with strong Rooibos to give it a beautiful shine.
- Treat tired and sensitive eyes to a rinse with lukewarm Rooibos. Press eyes gently with a face-cloth dipped in lukewarm Rooibos.
- Treat acne with a mix of a cup of strong, warm Rooibos, one teaspoon apple cider vinegar and two teaspoons of oatmeal or gluten-free flour. Cool until lukewarm and apply over face. Lie down and relax for 15 minutes before rinsing off with lukewarm tea. Press dry gently.

ROOIBOS FIRST AID:

Rooibos has been used for years to treat a number of ailments and there is much anecdotal evidence (stories) of how well they work. While some of these treatments have not been proven in the lab, they are definitely safe to use and worth a try:

- Add a few Rooibos bags to your bath water to soothe a sunburned skin.
- Treat itchy skin by wiping the affected skin areas with a face-cloth dipped in a

strong solution of lukewarm Rooibos. Press very gently to dry, as rubbing would make the problem worse.

- Apply strong Rooibos tea to the skin to relieve eczema, rashes and diaper rash. You can even bath your pet in a Rooibos solution to treat skin problems.
- Treat hay-fever by taking lukewarm Rooibos in the cup of your hands and gently drawing the tea into your sinuses. Hold it for a few seconds, release it and blow your nose gently.
- Calm down digestive upset and colic in babies and adults with regular Rooibos drinks.

To make strong rooibos:

Steep 2-3 teabags into 500ml hot/boiled water for 15-20 minutes and ready to serve hot. For cold rooibos, put in fridge for half hour.

ROOIBOS TEA LIQUEUR:

75ml Van der Hum liqueur

2 cloves

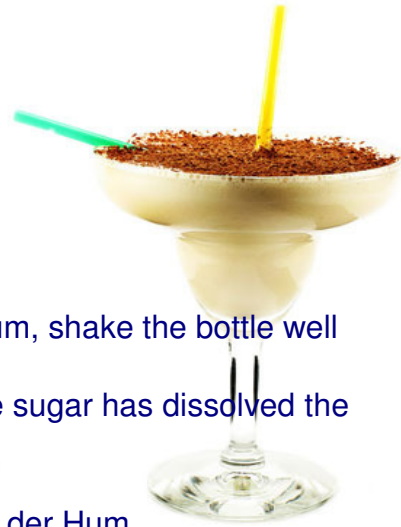
2 sticks cinnamon

750ml strong hot rooibos

600g brown sugar

25ml honey

- Add the cloves and cinnamon to the Van der Hum, shake the bottle well and leave to infuse overnight
- Heat sugar and rooibos over a low heat until the sugar has dissolved the boil uncovered for 20 minutes
- Remove from heat and stir in the honey
- Remove the cloves and cinnamon from the Van der Hum
- Add the Van der Hum to the tea-syrup mix and stir well
- Pour into sterilized bottles and seal.



Non-Alcoholic Drinks

Fruit Drink

1 litre strong & cold Rooibos

500ml apple juice

1 litre soda water or lemonade

strawberries, hulled and sliced

(strawberries may be substituted with banana slices and fresh pineapple cubes)

- Mix Rooibos and fruit juices.
- Chill soda water or lemonade and add just before serving.
- Decorate with strawberry slices and serve with ice cubes.

Makes 20 glasses

Citrus Drink

750ml hot Rooibos

40g sugar (50ml)
250ml lemon or lime juice
250ml orange juice
1 lemon or lime, sliced
1 orange, sliced
fresh mint
cherries

- Add sugar to the Rooibos and stir until dissolved.
- Add fruit juice and slices. Chill in refrigerator.
- Serve cold with ice and decorate with fresh mint and glacé cherries.

Makes 8 glasses



CHOCOLATE ROOIBOS CREAM LIQUEUR:

Ingredients:

1 tin (397 g) condensed milk
250ml fresh cream
250ml very strong Rooibos tea
12.5ml vanilla essence
1ml almond essence
20ml cacao, mixed with boiling water

- Place all the ingredients in a mixing bowl and mix very well
- Pour the mixture into clean sterilized bottles
- Turn the caps on tightly and place in the refrigerator until needed
- Shake very well before use.



Cocktails

Rooibos Shake

500ml very strong Rooibos
600ml vanilla ice cream
20ml lemon juice
340ml sparkling lemon juice

- Combine Rooibos and ice cream and beat well.
- Stir in lemon juice.
- Pour into glasses and fill with sparkling lemon juice.

Makes 8 Glasses

Rooibos Dream

150ml strong Rooibos
200ml vodka
300ml youngberry juice
150ml grapefruit juice
1 orange, sliced

- Combine fruit juices and Rooibos, chill and mix with vodka.



- Pour into glasses over ice cubes and decorate with orange slices.
- Makes 4 Glasses

Hot Drinks

Glühwein

250ml strong Rooibos
rind of 1 lemon, peeled in a single strip
60g sugar (75ml)
1 cinnamon stick
5ml ground cloves
500ml red wine

- Boil Rooibos, lemon rind, sugar, cinnamon and cloves together until sugar has dissolved.
- Add red wine and bring to the boil.
- Remove cinnamon stick and rind, taste for sweetness and add more sugar if necessary.
- Pour into glasses and serve with a slice of lemon.

Makes 5 Glasses



Irish tea

500ml strong, hot Rooibos
30g brown sugar
100ml Irish Whisky
100ml fresh cream, lightly whipped
grated chocolate

- Place 10ml brown sugar and 25ml whisky into each of four glasses.
- Pour 125ml hot Rooibos into each glass. Stir until sugar is dissolved.
- Carefully float cream on top by pouring it over the back of a metal spoon. Do not stir.
- Sprinkle grated chocolate on top and serve immediately.

Makes 4 glasses

Starters

Bean soup

3,5 litres Rooibos (for soaking process)
500g sugar beans
150g bacon, diced
1 large onion, chopped
5 beef stock cubes dissolved in
1 litre hot Rooibos
2 medium potatoes, grated



2 ripe tomatoes, diced
2 large carrots, grated
salt, to taste

coarsely ground black pepper, to taste

- Wash beans and soak overnight in Rooibos.
- In a large saucepan, bring beans and soaked Rooibos to the boil, reduce heat and simmer until cooked.
- Sauté bacon and onions for a few minutes.
- Add with all the remaining ingredients to the beans.
- Simmer for 30 minutes.
- Serve with whole wheat bread.

Serves 8 – 10

QUICK VEGETABLE SOUP: (Serves 8 - 10)

30ml Sunflower oil
2 Cloves of garlic, crushed
3 Onions, finely chopped
250g Bacon, diced
3 Carrots, cut into rings
4 Potatoes, diced
200g Cabbage, sliced (optional)
250g Green beans, cut into 2 cm pieces
200g Broccoli, broken into florets
6 Chicken stock, cubes, dissolved in
2,2L Hot rooibos
30ml Tomato sauce
Salt, to taste
Coarsely ground black pepper, to taste
Nutmeg, to taste
50ml Parsley, finely chopped



- Sauté garlic and onions in heated oil in a large saucepan until tender
- Add bacon and fry until done, but not brown
- Add the remaining vegetables and stir-fry slightly
- Add chicken stock and bring to the boil
- Reduce heat and simmer until vegetables are tender Flavour with salt, pepper and nutmeg
- Sprinkle with parsley and serve

POTATO SOUP WITH HERBS: (Serves 4 - 6)

45g Butter (50 ml)
2 Onions, finely chopped
500g Potatoes, peeled and sliced



6 Chicken en stock cubes, dissolved in
1L Hot rooibos
Dried mixed herbs, to taste
Nutmeg to taste
Salt, to taste
Coarsely ground black pepper, to taste
50ml Thin cream

- Saute onions in butter until tender
- Add potatoes and stir-fry lightly
- Add chicken stock, bring to the boil, reduce heat and simmer until potatoes are done
- Puree potatoes with 500ml of the stock in a food processor.
- Add the remaining stock
- Return to saucepan and bring to the boil while stirring constantly
- Flavour with mixed herbs, nutmeg, salt and pepper
- Remove from heat, stir in cream and serve hot.

TUNA MOUSSE:

125 ml Hot rooibos
65 ml Cold rooibos
2 cans (200 g each) Tuna, drained and flaked
15 ml Gelatine
125 ml Mayonnaise
12,5 ml Lemon juice
12,5 ml Chopped onion
2 ml Tabasco
1 ml Paprika
12,5 ml Dried thyme
2 ml Lemon pepper
3 Egg whites stiffly beaten



Sprinkle gelatine over cold rooibos, add hot rooibos and stir until dissolved. Cool well and mix with all the other ingredients, except egg whites.

Fold in egg whites at the last moment.

Pour into the mould, which has been rinsed with cold water or sprayed with a non-stick spray.

Chill until set.

Remove from mould, serve on fresh lettuce leaves and garnish with paprika.

ROOIBOS TEA MOUSSE:

250 ml boiling water
8 Rooibos tea bags
100 ml milk
7-10 ml gelatin
4 egg yolks
200 ml soft brown sugar
350 ml cream, whipped to soft peaks



Pour the boiling water over the tea bags and leave for 5 minutes. Drain well and add the milk and the gelatin, stirring until the gelatin has dissolved. Whisk the egg yolks and brown sugar together in a glass bowl over boiling water, beating till thick and creamy. Remove from the heat and add the Rooibos tea mixture. Mix well and cool. Fold in the cream and spoon the mixture into fairly large teacups. Chill until the mousse has set.

Main Courses

Chicken Curry

1 cube chicken stock
200ml hot Rooibos
50ml cooking oil
2 large onions, peeled and sliced
2 cloves of garlic, peeled and bruised
1 piece preserved ginger, crushed
1 green pepper, seeded and chopped
10ml curry powder
4 chicken breasts
1 tomato, skinned and chopped
salt and pepper to taste
1 can (410g) pineapple cubes, drained, juice set aside

- Dissolve chicken stock cube in Rooibos.
- Heat oil in a pan and sauté onion, garlic, ginger, green pepper and curry powder for 5 minutes.
- Add chicken breasts and fry gently for another 15 minutes.
- Add tomato, chicken stock, pineapple juice, salt and pepper and simmer for one hour or until chicken is tender.
- Add pineapple cubes and heat thoroughly.
- Serve with rice.

serves 4



Bobotie (South African Dish)

240ml strong Rooibos
75g dried apricots
50g seedless raisins (85ml)
75g dried apple rings (190ml)
enough Rooibos for soaking and covering fruit
250ml milk
1 thick slice of white bread
500g minced mutton or beef
1 large onion, peeled and chopped
25ml cooking oil
15ml curry powder
25g sugar (25ml)
30ml vinegar
10ml salt



2ml black pepper
3 eggs
blanched almonds
3 bay leaves

- Preheat oven to 180 °C (350 °F).
- Soak apricots, raisins and apple rings in Rooibos.
- Soak bread in 100ml milk and mix with the mutton or beef mince.
- Sauté onion in cooking oil until tender and add curry powder, sugar, vinegar, salt and pepper and mix.
- Chop fruit finely and add to mixture.
- Add 100ml of the Rooibos used for soaking the fruit.
- Simmer for five minutes or until mixture thickens.
- Beat remaining milk, Rooibos and eggs together thoroughly.
- Remove mixture from heat and mix with minced meat.
- Turn into an ovenproof dish.
- Press almonds and bay leaves on top and pour milk and egg mixture over.
- Bake for 45-60 minutes.

Serves 4

Desserts

crêpes suzette

140g cake flour (250ml)
37,5ml caster sugar
1ml salt
2 eggs
250ml milk
15ml brandy

- Sift dry ingredients together.
- Beat eggs, add milk and stir into dry ingredients. Add brandy.
- Leave for approximately 30 minutes.
- Cook pancakes in a small pan and serve hot with Rooibos sauce.



rooibos sauce

75ml strong Rooibos
100g sugar (125ml)
50ml brandy
juice and grated rind of 1 lemon
juice and grated rind of 1 orange

- Combine all ingredients, stir until sugar has dissolved and leave for at least 30 minutes.
- Serve with hot pancakes.

Serves 6

Baked Apples

6 large, sour apples (e.g. Granny Smith)
200g white or brown sugar (250ml)
3ml ground cinnamon
2ml ground cloves
pinch salt
25g butter or margarine (25ml)
250ml Rooibos

- Preheat oven to 180 °C (350 °F).
- Rinse and core apples.
- Arrange apples in ovenproof dish. Mix sugar, spices and salt.
- Stuff apples with mixture and heap slightly.
- Dot with butter or margarine. Pour Rooibos into the dish.
- Bake for approximately 20 minutes until apples are tender.
- Baste occasionally.
- Serve hot or cold with custard or cream.

Serves 6



Cakes

Spicy Tea Cake

280g cake flour (500ml)
20ml baking powder
2ml salt
1ml ground nutmeg
60g sugar (75ml)
125ml strong Rooibos
125ml milk

- 45g butter or margarine, melted (50ml)
- Preheat oven to 200 °C (400 °F)
 - Sift all dry ingredients together.
 - Add Rooibos, milk and butter or margarine and mix well.
 - Turn into greased cake tin (220mm in diameter)

Topping

40g brown sugar (50ml)
20g coconut (50ml)
20g cake flour or oats (37,5ml)
5ml ground nutmeg
1ml salt
45g butter or margarine, melted (50ml)

- Combine ingredients and sprinkle over cake.
- Bake in centre of oven for 30 minutes and serve hot.



Date + nut squares

340g wholewheat flour (650ml)
300g brown sugar (375ml)
2ml salt
15ml baking powder
80g chopped nuts (200ml)
330g chopped dates (220ml)
2 eggs
100ml cooking oil
100ml strong Rooibos
5ml vanilla essence



- Preheat oven to 200 °C (400 °F)
- Mix dry ingredients and sugar.
- Add chopped nuts and dates.
- Beat eggs, cooking oil, Rooibos and vanilla essence together. Add to dry ingredients and mix well.
- Turn mixture into greased square baking tin (200 x 200mm).
- Bake in centre of oven for 30 minutes.
- Cool and cut into squares.

rooibos butter cake

1/4 cup finely ground rooibos
1 1/4 cups hot water
2 1/2 cup sifted cake flour
1 1/4 cup muscovado or brown sugar
2 tsp baking soda
1/2 tsp salt
1/2 cup honey
1/2 cup (1 stick) butter, melted
2 eggs
1 egg yolk
1/2 cup buttermilk



- Preheat oven to 350F. Grease and flour a 9" cake pan.
- Place the rooibos in a large bowl and cover with hot water. Stir well and allow to steep for 5 minutes.
- In a medium bowl, whisk together the flour, brown sugar, baking soda and salt.
- To the steeped rooibos, add the honey, the butter, and the eggs. Beat on high speed for 2-3 minutes.
- Beat in half of the flour mixture, then half of the buttermilk. Repeat, using the remainder of flour mixture and milk. Beat for 2 minutes more to aerate.
- Pour into prepared cake pan and bake for 25-30 minutes
- Allow to cool for 15 minutes before turning out of pan to finish cooling.

ROOIBOS ICE CREAM:

250 ml Cream
250 ml Milk
2 Tea bags
2 Eggs
4 Yolks
62 g Sugar

Heat the milk, cream and sugar together. Add the tea bags and leave to infuse for 30 minutes.

Remove the tea bags, check the flavour and heat again.

Mix the eggs and yolks together and gradually add the warm tea flavoured milk mixture. Cook the mixture, mixing continuously, until cooked.

Pour the mixture through a sieve to remove all lumps.

Place in ice cream machine.



ROOIBOS AND ROSE SORBET:

4 l Boiling water
16 Rooibos tea bags
1 l Sugar syrup
2 Drops of rose oil
Infuse the rooibos tea in the boiling water and leave to cool.

Once cooled add the sugar syrup and rose oil and mix well.

Churn the mixture in a ice-cream machine until frozen.



Preserves

Tomato Onions

1,5kg onions
250ml Rooibos
150g bleached sultanas (250ml)
125g sugar (150ml)
250ml white vinegar
1 can (115g) tomato paste
2ml salt
pinch red pepper
25ml cooking oil

- Peel onions, place in large enamel or stainless steel saucepan.
- Add Rooibos, sultanas, sugar, vinegar, tomato paste, cooking oil, salt and red pepper. Cover with lid and simmer over low heat for one hour.



- Remove lid and reduce until sauce is thick. The sauce can also be thickened with a little cornflour mixed with water.
- Spoon hot onions into sterilised jars and seal.

Marmalade

4 Rooibos bags, steeped in

1 litre water

2 oranges

2 lemons

600g sugar (750ml)

- Prepare Rooibos and allow to infuse for 10 minutes.
- Rinse fruit. Halve and remove pips and white pith in centre. Grate fruit with its rind.
- Pour hot Rooibos over fruit and leave overnight.
- Boil fruit in same fluid until soft.
- Remove from stove and add sugar.
- Stir until sugar has dissolved and return to stove. Boil quickly in uncovered saucepan for 30-60 minutes without stirring. It will form a clear translucent jelly. To test jelly put a little on a plate, allow to cool and press gently with a finger to check if set.
- Remove saucepan from heat. Cool for five minutes before filling and sealing sterilised jars.

