South African Style Hot Cup

From the teas.co.uk wiki

This is rooibos the way it's drunk in the Cederberg farmhouses, where the bush actually grows: a deep red, caffeine-free cup brewed hard with fresh orange peel and a little cinnamon, then softened with honey and a splash of warm milk. It turns plain rooibos into something comforting enough to drink from breakfast right through the evening.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the South African Style Hot Cup recipe. Canonical: https://teas.co.uk/recipes/rooibos/south-african-style-hot-cup/*

Because rooibos has no caffeine and very little tannin, you can brew it long and strong without it ever turning bitter. This version uses Tetley Redbush Pure, Rainforest Alliance certified rooibos from the Western Cape, and takes about eight minutes start to finish.

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