Spiced Rooibos, Cape Malay Style

From the teas.co.uk wiki

This is a warming, spiced rooibos for a cold evening, with no alcohol in it at all. A bag of Dragonfly Organic Pure Rooibos is brewed with cardamom, cinnamon, star anise and a strip of orange peel, then finished with honey and a squeeze of lemon. The honey-malt of rooibos has the body to carry that much spice, where a lighter tea would simply be swamped.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Spiced Rooibos, Cape Malay Style recipe. Canonical: https://teas.co.uk/recipes/rooibos/spiced-rooibos-cape-malay-style/*

The cardamom, cinnamon and star anise come from the Cape Malay kitchens of Cape Town, where rooibos and warm spices have long gone together. Brew it at a full rolling boil: rooibos needs the heat to open up, and the whole spices need it too, releasing their oils slowly over the steep and on into the cup.

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