How to Brew Cape Chai Rooibos (Give It a Long Steep)

From the teas.co.uk wiki

Cape Chai Rooibos is a caffeine-free spiced tea, a South African take on chai built on rooibos rather than black tea. Like all rooibos it wants a full rolling boil, but the thing that really makes or breaks the cup is time. The whole spices, cinnamon, cardamom, ginger and clove, are slow to release their oils, so this needs a long steep, a full seven minutes, where most teas would be done in three.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Cape Chai Rooibos (Give It a Long Steep) recipe. Canonical: https://teas.co.uk/recipes/rooibos/how-to-brew-cape-chai-rooibos-give-it-a-long-steep/*

Brew it short and you get a rooibos with a faint hint of spice; give it the full seven minutes and you get a proper, warming chai. Because there is no caffeine in it, it is a good one for the evening, when a black-tea masala chai would keep you awake. Finish it with a splash of milk and a little honey for a chai-latte feel, or leave it dark and spicy.

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.

100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.