How to Brew Rooibos Tea

From the teas.co.uk wiki

Pure rooibos is the easy everyday caffeine-free cup, and the one thing worth knowing is that it likes a full rolling boil. Most leaf teas you would take off the boil, but rooibos is the opposite: it only gives up its deep red colour and natural sweetness at a proper 100C.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Rooibos Tea recipe. Canonical: https://teas.co.uk/recipes/rooibos/how-to-brew-pure-rooibos/*

It is also forgiving, so there is no need to watch the clock; anywhere from five to eight minutes is fine and it will not turn bitter on you. It is sweet enough to drink as it is, but a slice of lemon sharpens it, or a dash of cold milk rounds it out the way it is often taken in South Africa.

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