

# Rooibos iced tea

We like our rooibos tea and I particularly love a good cup of red espresso or red cappuccino as an alternative to coffee.

For those who just arrived on the planet, welcome. Let me introduce to you rooibos tea.

According to [Wikipedia](#):

*Rooibos is usually grown in Cederberg, a small area in the region of the Western Cape province of South Africa.*

*The leaves are used to make a herbal tea called **Rooibos**.*

*In South Africa, it is common to prepare rooibos tea in the same manner as black tea and add milk and sugar to taste. Other methods include a slice of lemon and using honey instead of sugar to sweeten.*

*Several coffee shops in South Africa have recently begun to sell red espresso, which is concentrated rooibos served and presented in the style of ordinary espresso. This has given rise to rooibos-based variations of coffee drinks such as red lattes and red cappuccinos.*

*More recently, drinks such as the Cape Town Fog have popped up that is made using rooibos tea steeped in steamed milk with vanilla syrup.*

There are of course many other uses for rooibos tea other than just for tea. When I entered the first season of MasterChef South Africa, my audition dish was a rooibos tea smoked ostrich carpaccio. The initial round of judges liked my food, but I fell out at the video audition – something about having a face for radio. But I digress

Some other dishes such as rooibos shortbread, rooibos poached

pears, rooibos smoked salmon, ice cream and as a main ingredient in a spare rib marinade.

Recently we stocked up on our Nespresso compatible coffee pods and were pleasantly surprised when [Caffeluxe](#) introduced us to their Rooibos Espresso. I also recently found the pods from [redespresso](#) – so choices galore.

One of my French colleagues loves to say, “Frankly speaking...”. And frankly speaking, I find these pods produce a much better cup of espresso and cappuccino than what I generally find at coffee shops. Still, few things beat sharing a red cappuccino with a good friend. This is meant to be shared.

The kids love rooibos tea as well and I recently found a recipe on Youtube for Fresh Red – A rooibos iced tea. Simple and easy and uses all of 3 ingredients. Even the kids can make it themselves and we know how they love to be independent.

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