



Profile : Creme Au Caramel Rooibos

Loose - Flavored Rooibos Tea

November 21, 2025

CUP CHARACTERISTICS: The opening bars are sweet toffee notes building to a full symphonic caramel. An 'I want more' finish!

INGREDIENTS: Rooibos, Calendula petal, Natural flavors.

INGREDIENTS FROM: South Africa / Egypt

REGION(S): Cederberg / Nile River Delta + Fayoum

GROWING ALTITUDES: 1500 - 2500 feet above sea level

GRADE(S): Choice Grade #1

MANUFACTURE TYPE(S): Traditional process, Bruised and fermented

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free Herb

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

ARTISANAL NOTES: Small batch blended and packed in Canada at The Metropolitan Tea Company.

INFUSION: Reddish orange to full color

INFORMATION:

During the latter half of the 20th century, Crème au caramel became as ubiquitous on the restaurant dessert menus of the world as Irish pubs did on street-corners. And there is good reason for this. Crème au caramel is delectable. It is also very simple to make and consists of only milk, eggs, sugar, and sometimes vanilla. As simple as it may be however, crème au caramel has a very complex medium rich flavor profile. (Which makes it as natural as a flavoring for the mellow character of Rooibos!)

Interestingly, this fine dessert is also one of the world's oldest. Well, almost, it is actually a derivative of a custard known as flan and flans are one of the world's oldest desserts. Well, ok, even flans didn't start out as desserts. Flan, which is the generic term for a custard made of milk and eggs was invented by Roman chefs thousands of years ago. The Romans discovered that egg white worked extremely well as a binding agent in holding various ingredients together. They began experimenting by mixing eggs with milk and called their subsequent invention Tiropatinum.

Initially, Tiropatinum was not a dessert item. Rather, it was flavored with such delicacies as Ox Tongue or Eel and served as a main course. (Incidentally, we did think about producing an Eel Rooibos but thankfully the idea never made past the early conceptual phase!) As the centuries passed, Tiropatinum evolved into sweet custard with the addition of honey or sugar, and sweet custard evolved into Crème au caramel with the discovery of caramel - thought to have been first created by French chefs sometime in the 18th century. Someday we hope that food historians will look back on our offering of caffeine free Crème au Caramel Rooibos as an important milestone in the long life cycle of flans, custards and their related culinary cousins. Once they have a cup of this exceptionally smooth, creamy sweet brew we're sure they will!





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STEEPING TIME

TEA CUP	8oz (237ml)	10oz (296ml)	12oz (355ml)
AMOUNT	1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	1.5 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)
MILD	2-3 min	2-3 min	2-3 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	6-7 min	6-7 min	6-7 min
MetroTea recommends 6-7 min			

TEA POT	18oz (532ml)	36oz (1064ml)	48oz (1419ml)
AMOUNT	2 heaping teaspoons of "The Perfect Measure Spoon" (11MS-1370-)	1 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)	2 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)
MILD	2-3 min	2-3 min	2-3 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	6-7 min	6-7 min	6-7 min
MetroTea recommends 6-7 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
OK	OK	NO	NO

IDEAL BREWING TEMPERATURE: 100°C/212°F

HOT BREWING METHOD:

Bring filtered or freshly drawn cold water to a rolling boil. Place 1 slightly heaping teaspoon of loose tea for each 7-9oz / 200-260ml of fluid volume in the teapot. Pour the boiling water into the teapot. Cover and let steep for 3-7 minutes according to taste (the longer the steeping time the stronger the tea).

ICED TEA BREWING METHOD (Pitcher): (To Make 1 Liter/Quart):

Place 6 slightly heaping teaspoons of loose rooibos or 6 tea bags into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 11/4 cups/315ml over the rooibos. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the brewed rooibos into your serving pitcher straining the rooibos or removing the bags. Add ice and top-up the pitcher with cold water. Garnish and sweeten to taste. A rule of thumb when preparing fresh brewed iced rooibos is to increase the strength of the hot rooibos brew since it will be poured over ice and diluted with cold water.

ICED TEA BREWING METHOD (Individual Serving):

Place 1 slightly heaping teaspoon of loose rooibos or 1 tea bag into a teapot for each serving required. Using filtered or freshly drawn cold water, boil and pour 6-7oz/170-200ml per serving over the rooibos. Cover and let steep for 5 minutes. Add hot rooibos herbal tea to a 12oz/375ml acrylic glass filled with ice, straining the rooibos or removing the bags. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. Sweeten and/or add lemon to taste. A rule of thumb when preparing fresh brewed iced rooibos is to increase the strength of hot rooibos since it will be poured over ice and diluted.

FOOD SAFETY ADVISORY: We strongly recommend using filtered or freshly drawn cold water brought to a rolling boil when brewing all types of tea. Today's water has been known to carry viruses, parasites and bacteria. Boiling the water will kill these elements and reduce the potential incidence of water-borne illnesses.

RECOMMENDATION: We recommend the use of our '1 Cup of Perfect Tea' measuring spoon (Item# 11MS-1370) for best results. Please contact Metropolitan Tea to place an order.

ANTIOXIDANT BENEFIT: For a greater antioxidant benefit brew longer and use more tea.

