



Profile : Lugano Palamisu Rooibos

Loose - Flavored Rooibos Tea

November 21, 2025

CUP CHARACTERISTICS: Wonderful! Wonderful! The taste symphony begins with soft creamy notes of Kenyan coffee followed by a fruit crescendo with an Amaretto finale.

INGREDIENTS: Rooibos, Mango, Safflower petal, Cranberry, Natural flavors.

INGREDIENTS FROM: South Africa / Thailand / China / Canada

REGION(S): Cederberg / Petchabun / Fujian / Ontario

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:

In a country where the majority of the population is German or French, the Italians who live around Switzerland's Lake Lugano definitely march to the beat of their own tamburo - that's Italian for "drum". While the rest of the country is obsessed with banking, the Italians of Canton Ticino are obsessed with making wine. (A Canton is the Swiss equivalent of a US state - Ticino is the name of the Canton where Lake Lugano is located - something like, The State of Texas.) Where the rest of Switzerland is covered in pine trees, the Italians have palm trees. (This is a fact. Switzerland has Palms. The lake is responsible for creating an anomalous climate zone that allows them to grow!) And while the rest of the world makes do with Tiramisu, some Swiss Italians would rather eat Pilamisu. Oh yes, if the Italians of Switzerland can do something differently, believe it, they will!

So yes...Pilamisu. It is believed the variation in name is in homage to the Palatine Hill of Rome, the spiritual homeland of Italy. The Palatine was one of the original 7 hills of Rome, situated in the very heart of the city. So when they headed northward into the mountains of what would later become Switzerland, the Italians wanted to remember where they came from. We all know Italians love to eat so what better way to do that than through a tasty dessert! Pilamisu is similar to the creamy coffee flavored goodness of Tiramisu with a distinctive Swiss twist, the addition of a touch of yogurt and sour cherries. If you are lucky enough to stumble upon a fresh Pilamisu, seize the moment and indulge. (They are very difficult to come by commercially and are usually only found in the kitchen of a Swiss Nona - grandmother.)

We're taking this quirky Swiss dessert one step further by turning it into a deliciously rich Rooibos blend. Rooibos, with its warm herbal profile is as perfect a backdrop for notes of espresso, yogurt and fruit as the Swiss Alps are to Lake Lugano! A wonderful blend - Viva Svizzera!





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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 ½ 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.

