



## Profile : Pecan Pie Rooibos

### Loose - Flavored Rooibos Tea

November 21, 2025

**CUP CHARACTERISTICS:** Sweet and nutty highlights meld with rooibos. Notes of caramel create a dessert-like finish.

**INGREDIENTS:** Rooibos, Pomegranate peel, Calendula + Plum petals, 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:

Pecan Pie is a rich custard pie made with fresh Pecans and sweet corn syrup. In a word it is magnificent. Or should we say magnifique? New Orleans legend has it that Pecan pie was created by the French shortly after settling in the New World. Apparently, the settlers were introduced to the nuts by the early Native American inhabitants of Louisiana. The story unfortunately, although very romantic and told often by the inhabitants of the Big Easy, has a few holes. For one, food historians have been unable to track down a recipe for Pecan Pie older than 1925. For two, corn syrup, considered an essential component of the traditional recipe, was not developed until the 1880's - and the French arrived more than 100 years before that! One thing is known for certain - Pecan Pie is a sweet nutty treat that over the years has become a staple of Southern cuisine.

Although no one has concocted any legends about the origin of Pecan Pie Rooibos tea, we're still certain this blend will get people talking. The mellow character of caffeine free Rooibos, Aspalathus Linearis, provides a stunning herbal base for the mélange of fresh nutty pecan flavor and sweet caramel, topped off with a hint of cream. Wonderful as an after dinner treat, this tea is like having Pecan Pie without the calories. Leave enough room for seconds!

#### 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  |
| <b>MetroTea recommends 6-7 min</b> |  |  |  |

| 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  |
| <b>MetroTea recommends 6-7 min</b> |   |  |  |

#### SERVING RECOMMENDATIONS:

| MILK | SUGAR | LEMON | MINT |
|------|-------|-------|------|
| OK   | OK    | NO    | NO   |





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**IDEAL BREWING TEMPERATURE:** 100°C/212°F

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**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).

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**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.

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**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.

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**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.

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**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.

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



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