



Profile : Rooibos Masala Chai

Loose - Chai - Herbal Tea

November 20, 2025

CUP CHARACTERISTICS: Mouth enlightening Malabar spices combine with sweet rooibos to create a herbal treat.

INGREDIENTS: Rooibos, Ginger, Cinnamon, Cardamom, Black + White pepper, Clove, Nutmeg.

INGREDIENTS FROM: South Africa / India / Thailand

REGION(S): Cederberg / Kerala / Petchabun

GROWING ALTITUDES: 500 - 2500 feet above sea level

GRADE(S): Choice Grade #1

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

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Red with copper and yellow highlights

INFORMATION:

This herbal tea is sometimes referred to in our office as the blend with an identity crisis. Why? Well, what else do you call it when you have a mix that combines the mellow character of Rooibos, with the sensual spiciness of Masala chai? Is it relaxing? Is it a pick me up? Or is it both?

Confused? Let us explain. Rooibos is well known to be one of the most relaxing hot beverages one can brew. The needle shaped leaves of the Rooibos bush, (Latin: *Aspalathus linearis*) produce a caffeine free drink that is noted by nutritionists and wellness consultants the world over for its soothing character. Masala chai, with its base mixture of ginger, cardamom, cinnamon, coriander, clove, and black pepper, is generally considered to be one of the more overtly spicy examples of all blends.

Interestingly the mixture of these two distinct characters gives this chai a lovely sense of balance. Think ying and yang, night and day, or Simon and Garfunkel, (although they did split up I guess!)

Brew yourself a cup, sit back and it will all start to make sense. As with all chais, the complex character of the blend can be wonderfully opened up when prepared with warm soy, or whole milk. Enjoy the complications of this herbal blend!

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 5-10 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	5-10 min	5-10 min	5-10 min
MetroTea recommends 5-10 min			





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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 5-10 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 tea or 6 tea bags into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 1 1/4 cups/315ml over the tea. Steep for 7 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the tea or removing the tea bags. Add ice, milk and top-up the pitcher with cold water. Garnish and sweeten to taste. A rule of thumb when preparing fresh brewed iced tea is to increase the strength of hot tea since it will be poured over ice and diluted with cold water. (Note: Some luxury quality teas may turn cloudy when poured over ice. This is a sign of luxury quality and nothing to worry about!)

ICED TEA BREWING METHOD (Individual Serving):

Place 1 slightly heaping teaspoon of loose tea 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 tea. Cover and let steep for 7 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the tea or removing the bags. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. Add milk and sweeten to taste. A rule of thumb when preparing fresh brewed iced tea is to increase the strength of hot tea since it will be poured over ice and diluted. (Note: Some luxury quality teas may turn cloudy when poured over ice. This is a sign of luxury quality and nothing to worry about!)

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.



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