



Introduction
The Good Hope Quilters' Guild Mystery Quilt 2023
THE SPICE ROUTE RECIPES

Rooibos Syrup

Rooibos “*red bush*” is a plant of the fynbos biome, that is grown in the Cederberg, a small mountainous region in the Western Cape. The leaves of this indigenous bush are used to make a now internationally renowned herbal tea, called rooibos.

There are many health benefits to drinking rooibos. The antioxidants may help to protect against heart disease and cancer. It is caffeine free and lower in tannins compared to normal black and green teas. Rooibos is used in various skin products to improve the appearance of skin and even reduce wrinkles. Some studies show that it helps to relieve inflammation associated with allergies and asthma.

I often use rooibos as a healthier alternative for shop bought stock when cooking - it gives a delicious flavour to curries.

However, today is not about the health benefits of rooibos. This syrup is saturated with sugar and flavour and you can use it in many different ways. We are, after all, celebrating 2023!

Ingredients

500 ml water
500 ml white sugar
50 ml honey
12 rooibos tea bags
2 cinnamon quills
4 black and 4 white pepper corns (or 8 black)
1 star anise
3 cardamom pods

Method

1. Add all ingredients to a large saucepan. Stir over medium heat and allow all the sugar to dissolve.
2. Boil over moderate heat and allow to thicken and form a syrup, approximately 15 min. Stir frequently with a wooden spoon. The syrup is ready when you can draw a line on the back of the spoon with your finger.
3. Strain syrup and allow to cool completely before use.
4. Store in an airtight container in the fridge and use as preferred.



Here are a few recipe ideas:

The Spice Route G&T

50 ml Gin

25 ml Rooibos syrup

ice cubes

Tonic water

Garnish: fynbos flowers, berries and a rosemary sprig

Mix all ingredients in a large gin glass. Happy 2023!!

The Spice Route Mocktail

To a large cocktail glass, add

25ml Rooibos syrup

crushed ice

Fill the rest of the glass with:

$\frac{1}{3}$ pineapple juice

$\frac{1}{3}$ ginger ale

$\frac{1}{3}$ soda water

Garnish with berries and basil leaves

Beetroot, Butternut and Feta Salad

4 beetroots, cooked and cut into 2cm cubes

½ butternut, cooked and cut into 2cm cubes

2 Feta rings, cut into cubes

Rocket leaves

salt and pepper to taste

Roasted nuts and seeds (walnuts, almonds, pumpkin seeds, sesame seeds, sunflower seeds)

Rooibos syrup

Cover a serving dish with rocket leaves and add the butternut, beetroot and feta cubes. Flavour to taste. Sprinkle with nuts and finish with a generous drizzle of the rooibos syrup.



Waffles and Ice-cream with Rooibos Syrup

Prepare your favourite waffles. Top with vanilla ice-cream and berries, and drizzle (soak) with the Rooibos syrup.

