

Annique
HEALTH AND BEAUTY



International Tea Day
Recipe Book
15 December 2017



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Annique Rooibos Tea and Blueberry Spritzer

Ingredients

6 Annique Rooibos tea bags

1/2 cup sugar

1 large bunch mint, stems and leaves roughly chopped (about 2 cups), plus 4 sprigs for garnish

2 cups blueberries

Sparkling wine, cold

Directions

Bring 1 cup water to a boil in a small saucepan over medium-high heat. Turn off the heat, add the tea bags and let steep 5 minutes.

Discard the tea bags. Stir in 1 cup ice cubes until completely melted. Pour the tea into a liquid measuring cup, and let it chill completely in the refrigerator, about 30 minutes.

Meanwhile, cook the sugar and 1/2 cup water in a small saucepan over medium heat, stirring occasionally, until the sugar has completely melted, about 5 minutes. Turn off the heat, add the mint and stir until it has completely wilted. Let cool completely at room temperature, at least 30 minutes.

Strain the cooled mint syrup into a large liquid measuring cup or a pitcher, and then press the leaves with a wooden spoon or spatula to extract as much liquid as possible. Discard the mint. Add the blueberries, and use a wooden spoon or a potato masher to lightly crush most of them (a few whole blueberries is fine). Add the chilled tea, and stir to combine.

To serve, fill 4 tall glasses with ice. Divide the blueberry mixture among them. Add enough sparkling wine to fill each glass. Garnish with a mint sprig, and serve immediately.

Adapted from the www.foodnetwork.com

Strawberry

Cheesecake

With



Strawberry
Lifestyle Shake



Image Credit: Carmen Niehaus

Strawberry Cheesecake with Annique Strawberry Lifestyle Shake

Ingredients

Almond Crust

300g ground almonds

2–3 egg whites, slightly whisked

Filling

10g (1 sachet) gelatine

60–90ml sweetener like Xylitol

250ml cream, chilled

160ml Annique Rooibos Lifestyle Shake (strawberry flavour)

2 x 250g smooth cottage cheese

Strawberries, cut into slices for decoration

Directions

Crust

Combine the almonds and egg white and press into the base and sides of an oblong loose-bottomed pie tin.

Place in the fridge for 10 minutes.

Bake for 15 minutes at 180°C till slightly straw-coloured. Cool.

Filling

Sponge the gelatine over 30ml of water and then heat in the microwave oven till dissolved. Do not allow to boil. Beat the cream, cottage cheese, and sweetener and shake well and slowly mix in the gelatine while beating continuously. Spoon into the prepared crust and chill until set. Decorate with strawberry slices.

Recipe by Carmen Niehaus from You/Huisgenoot/Drum Magazine

Flourless
Chocolate Cake
With



Chocolate
Lifestyle Shake
Yoghurt
Cream



Image Credit: Carmen Niehaus

Flourless Chocolate Cake with Annique Chocolate Lifestyle Shake Yoghurt Cream

Ingredients

300g dark chocolate, grated/chopped

15ml cornflour

100g pecan nuts, chopped

Extra white and dark chocolate, melted (for garnishing)

5 extra-large eggs, separated

60ml Annique Rooibos Lifestyle Shake (chocolate flavour)

1ml cream of tartar

45ml sweetener, like Xylitol

Gooseberries and mint for garnishing

Instructions

Preheat the oven to 160°C. Butter a 23cm loose-bottom cake tin well.

Combine the chocolate and nuts. Place in the fridge. Whisk the egg yolk and shake until light and thick. Whisk the egg whites, cream of tartar and sweetener until stiff peaks form. Sift the cornflour over the mixture and fold in. Combine the nut mixture and the egg yolks mixture, fold in whipped egg whites and pour into prepared pan.

Bake for 40 to 45 minutes until done and the cake loosens from the sides. Unmould and garnish with strips of dark and white chocolate. (You can do the same, using the chocolate cream). Cut into slices and decorate with a gooseberry and mint. Serve with Chocolate Yoghurt Cream.

Chocolate Yoghurt Cream

250ml natural full cream yoghurt

45ml Annique Rooibos Lifestyle Shake (chocolate flavour)

250ml whipped cream

Recipe by Carmen Niehaus from You/Huisgenoot/Drum Magazine



Baked Custard Cups with Vanilla Annique Lifestyle Shake

Ingredients

500ml buttermilk

125ml cream

6 eggs or 4 eggs and 2 egg yolks

60ml Lifestyle Shake (vanilla flavour)

45ml sweetener like Xylitol

A pinch of salt

Gooseberries, whipped cream and a few sprigs of mint for garnishing

Instructions

Preheat the oven to 140°C. Butter 6 to 8 ramekin bowls or ovenproof espresso cups. Beat together all the ingredients until the Shake is completely dissolved in the mixture. Pour into ramekins or cups. Carefully place the ramekins or cups in an oven pan half filled with warm water, cover lightly with buttered paper and bake for 35 to 40 minutes until just set. Allow to cool and serve lukewarm or cold with vanilla cream if desired. Garnish with a dollop of cream and gooseberries as well as mint.

Vanilla Cream

250ml cream

60ml Annique Rooibos Lifestyle Shake (vanilla flavour)

Mix the ingredients until the shake has dissolved into the cream.

Heat and bring to the boil. Allow to boil slowly, while stirring until the sauce cooks and thickens.

Serve lukewarm with custard cups.

Recipe by Carmen Niehaus from You/Huisgenoot/Drum Magazine

Rooibos Milk Tart

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Image Credit: Getaway Magazine

Rooibos Milk Tart

This rooibos milk tart is surprisingly easy to make and is a delicious twist on the old favourite. Chef Floris Smith developed the recipe during his time as executive chef at Bushmans Kloof in the Cederberg. It's a gem, sure to please any crowd!

Serves 8 – 10

Ingredients

1,25 litres of milk

250 ml of strong Rooibos (made with four Rooibos tea bags, left to brew in hot water)

2 tbs butter

4 tbs flour

2 tbs cornflour

125 ml Xylitol

6 free-range eggs

2 cinnamon sticks

Ground cinnamon

1 pre-baked pastry case

Instructions

In a saucepan, bring the milk, butter, Rooibos and cinnamon sticks to the boil. Turn off the heat. In a mixing bowl, whisk together the eggs and Xylitol until pale and creamy, and then add the flour and cornflour. Strain the milk mixture, add to the egg mixture and pour into a saucepan. Cook over a low heat and keep stirring until it thickens (about 10 minutes). Pour the cooked mixture into a pastry case. Dust with ground cinnamon and refrigerate for two hours before serving with a drizzle of honey.

Pastry

To make the pastry for the Rooibos milk tart, you could buy puff pastry (blind baked in the oven for 15 minutes) or make your own sweet pastry.

500 g almond or coconut flour

250 g butter (cut into blocks)

pinch of salt

100 ml Xylitol

1 free-range egg

190 ml water

Instructions

Mix the flour and salt and rub the butter into the flour. Combine the egg and water and mix with the flour and butter. Mix into pastry and leave it in the fridge for an hour. Roll out and blind bake (cover with baking paper and fill with dry beans or rice) in a tart dish at 145°C for half an hour.

Adapted from the Floris Smith recipe in Getaway Magazine 2011.

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Pannacotta with Berry Sauce



Image Credit: Carmen Niehaus

Rooibos Lifestyle Shake Pannacotta with Berry Sauce

Pannacotta

15ml gelatine

250ml yoghurt or buttermilk

45ml water

90ml Annique Rooibos Lifestyle Shake (vanilla flavour)

250ml cream

45ml sweetener like Xylitol

250ml full cream milk

A few sprigs of mint for garnishing

Sprinkle the gelatine over the water and leave to sponge. Heat for a few seconds in the microwave oven until melted. Do not allow to boil. Mix the cream, milk, yoghurt or buttermilk and shake well, making sure the shake is completely dissolved. Slowly add the gelatine, sweetener and stir well. Pour into small coffee cups sprayed with non-stick spray. Place in the fridge overnight until set. Unmould each on a side plate and serve with the berry sauce.

Decorate with mint.

The Result – 8 to 10 pannacotta tarts

Berry Sauce

400g frozen berries

25ml sweetener, like Xylitol

250ml cranberry juice

5ml lemon juice

Instructions

Place all the ingredients in a bowl and heat in the microwave oven or on the stove until the sauce is reduced and not runny anymore. Serve with the pannacotta.

Recipe by Carmen Niehaus from Media24: Huisgenoot/YOU/Drum

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Ricotta Trifle



Image Credit: Carmen Niehaus

Ricotta Trifle

Ingredients

Ricotta Mixture

- 100 g roasted almond flakes
- 50 g shelled pistachio nuts
- 50 g currants, soaked in Rooibos tea
- 300 g ricotta
- 125 ml mascarpone or whipped cream
- A few drops of almond essence or almond liqueur

Chocolate Sauce

- 60 ml Annique Lifestyle Shake, chocolate flavour
- 500 ml milk
- 15 ml sweetener
- 20 ml cornflour

Instructions

Ricotta Mixture: Mix the almond flakes, pistachio nuts and cranberries with the ricotta. Flavour the cream with a few drops of almond essence or almond liqueur and mix with the ricotta.

Chocolate Sauce

Spoon the shake into a bowl and add half the milk. Beat well until

the Shake is completely dissolved. Add the rest of the milk, sweetener and cornflour and bring to the boil while stirring continuously. Allow to cool slightly. Alternate layers of ricotta mixture and chocolate sauce in glasses or small bowls and decorate with chopped almond slivers. Yields 6 – 8 trifle glasses.

Recipe by Carmen Niehaus from Media24: Huisgenoot/YOU/Drum

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Rooibos Poached Pears



Image Credit: Photography by Simon Barnes, Ben Dearnley & Jeremy Simons www.taste.com.au/

Rooibos Poached Pears

Ingredients

- 1 cup (220g) Xylitol
- 2 rooibos tea bags
- 4 pears, peeled, cored
- Vanilla ice cream, to serve

Instructions

Combine the Xylitol, tea and 1.5L (6 cups) water in a saucepan over medium heat. Bring to the boil, remove from heat, and then stand for 10 minutes to infuse. Discard tea bags and return pan to medium heat. Bring to the boil, add pears, and then cover with baking paper. Cook for 15-20 minutes until tender. Remove pears from pan. Cook liquid for a further 10 minutes or until a syrup. Serve pears with syrup and ice cream.

Recipe adapted from <http://www.taste.com.au/> by Recipe by Valli Little

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Rooibos Poached Salmon



Rooibos Poached Salmon

Chef Floris Smith developed the recipe during his time as executive chef at Bushmans Kloof in the Cederberg. We recommend serving salmon with a fresh green salad or lightly seasoned, steamed vegetables.

Serves 4

Ingredients

800 ml water

10 Annique Rooibos tea bags

1 finger of fresh ginger, peeled and cut into julienne strips

1 garlic clove, peeled and crushed

5 ml white peppercorns

5 ml coriander seeds, toasted

2 bay leaves

80 ml lemon juice

1 vanilla pod, sliced lengthways, with seeds removed

1 fresh red chilli, with seeds removed

720 g salmon, cut into 180 g portions

Instructions

In a saucepan, mix the water, tea bags, ginger, garlic, peppercorns, coriander, bay leaves, vanilla, chilli and lemon juice with a generous pinch of salt. Bring the mixture to the boil, turn down the heat and infuse for three to five minutes. Strain the liquid back into the saucepan through a fine-mesh strainer. Put the salmon fillets into the simmering rooibos liquid and cook for five to seven minutes until medium rare (salmon should still be pink inside). Remove the fish from the liquid and serve with mashed potato, steamed vegetables and a drizzle of basil pesto.

**Recipe adapted from Getaway Magazine by Chef Floris Smith.
<http://www.getaway.co.za/>**



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*Angelique's
Favourite
Clanwilliam
Rooibos Stew*

Angelique's Favourite Clanwilliam Rooibos Stew

Author and motivational speaker, Angelique du Toit, loves making her favourite Clanwilliam Rooibos Stew for the whole family, and now she is sharing it with you!

Ingredients

1kg breast of lamb, sawn into portions
2 onions, chopped
10ml curry powder
Pinch of ground cloves
Pinch of ground nutmeg
1 bayleaf
10ml salt
1 x 283g can of pineapple rings
125ml Annique Rooibos tea
125ml pineapple juice (from the can)

Directions

1. Brown the meat in in a heated, heavy-based saucepan
2. Pour off excess fat
3. Add onions and sauté, then add curry powder and the remaining seasonings and fry lightly

- 4. Add pineapple rings, heated Rooibos tea and pineapple juice**
- 5. Cover and simmer for about 90 minutes or until the meat is tender and soft.**



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Carine's Rooibos Iced Tea

Carine's Rooibos Iced Tea

Annique brand ambassador and SA actress, Carine Rous, known for her roles in High Rollers and Isidingo, loves this Rooibos iced tea recipe!

Ingredients

**15 Annique Rooibos tea bags
1l boiling water
1l cold water
250ml sweetener like Xylitol
2l pineapple juice
1l apricot juice
250ml lemon juice
Bitters to taste**

Instructions

Make a pot of Rooibos tea and add 15 tea bags. Add 250ml sugar to the hot Rooibos tea and let it cool. Add cold water, pineapple and apricot juice, as well as the lemon juice and bitters to taste. Enjoy chilled!