

Pumpkin soup with rooibos and cream

Directly from the South African region of Cedarberg, the Rooibos traditional plant is used by the population to prepare a drink made of sugar and milk. It was adopted by the Dutch coloniers instead of the black tea and it is famous for its healthy capabilities, very useful to be fit. So, why do not try this typical ingredient to taste a delicious recipe of South African flavour?

Chakalaka's chef, **Christa Janse Van Rensburg**, shows us how to cook this amazing South African dish, starting from the basic attitude full of love and passion towards the food and the Rainbow Nation.

The soup's ingredients...

- 600 g butternut
- 2 carrots
- 1 apple
- 1 potato
- 1 onion
- 2 ml paprika
- 1 clove
- 500 ml chicken stock
- salt + pepper
- 500 ml rooibos tea
- 125 ml cream
- 125 ml milk

How to do it...

- Mix all ingredients except the tea, cream and milk in a pot
- Pour in the tea and bring to the boil
- Let simmer until veg is soft
- Mix with a blender
- Add cream + milk and last for seasoning

..then, enjoy the whole flavour of the Rainbow Nation!!!