

# Sweet Rooibos Tea & Milk Jelly

by Jan Hendrik van der Westhuizen from Klein Jan Cookbook, courtesy Penguin Random House, South Africa, posted 20 November 2024.



This dessert from Jan Hendrik van der Westhuizen is a stunning showcase of South African flavours and culinary finesse. Featured in his book *Klein Jan*, this layered dessert combines the earthy warmth of rooibos with the creamy delicacy of milk jelly, creating a masterpiece both nostalgic and innovative.

## Introduction

Perfect for impressing guests or indulging in something special, this is a dish that celebrates heritage with every spoonful. Ready to make magic in your kitchen? Let’s get started!

## Ingredients

Time: 5 hours + overnight for second setting

Makes: 3 x 500 ml bowls

### For the rooibos tea jelly

45 ml	gelatine powder
500 ml	boiling water
50 g (60 ml)	sugar
2	rooibos tea bags

### For the milk jelly

35 ml	gelatine powder
40 g (85 ml)	cornflour
1 litre	milk
300 g (360 ml)	caster sugar

## Method

### For the rooibos jelly

Place the gelatine into a small bowl and cover with a little cold water.

Leave until set. Pour boiling water into a larger bowl and place the smaller bowl with the set gelatine into the hot water and leave until melted.

Pour the 500 ml boiling water and sugar into a bowl and add the tea bags.

Leave until you are happy with the strength of the tea. Also give it a taste to see if it is sweet enough for you. Adjust if needed. Add the melted gelatine and mix well. Divide between your three bowls. Place in the fridge for at least 4 hours to give it time to set.

#### *For the milk jelly*

Place the gelatine into a small bowl and cover with a little cold water.

Leave until set. Pour boiling water into a larger bowl and place the smaller bowl with the set gelatine into the hot water and leave until melted.

Mix the cornflour with 90 ml of the milk. Place the rest of the milk and sugar into a saucepan and place on medium heat. Keep stirring until the sugar has melted. Bring to the boil then add the cornflour mixture and mix well. Lower the heat and keep stirring until thickened. Take off the heat and stir in the melted gelatine. Leave to cool to room temperature. Pour on top of the set rooibos jelly and place overnight in the fridge until set.