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NEW COOKBOOK

Tea highs

Surprise your mom with a next-level treat straight out of Babylonstoren's new book *An Invitation to Tea*. We've got first dibs on three of Maranda Engelbrecht's decadent recipes, just in time for Mother's Day



Ice-cream sandwich

➔ QUICK-FIRE QUIZ WITH MARANDA ENGELBRECHT



The former food stylist responsible for the visual language of Woolworths foods, and co-founder and contributor to TASTE, has been the creative force behind Babylonstoren's food offering since the farm opened. She has also won numerous international awards. To launch this tribute to her beloved beverage, she answered our most pressing questions.

Your favourite tea pairing?

Mariage Frères Earl Grey with Dalewood Huguenot cheese and Babylonstoren's bergamot marmalade jelly.

The teas you'll never run out of?

Earl Grey, rooibos, oolong and Lapsang Souchong.

Your favourite recipe ever?

Any almond recipe.

The bake that always reminds you of your childhood?

Warm milk tart with cinnamon sugar.

The kitchen tool you can't live without?

A good Japanese knife.

Which ingredients would you take to a desert island?

Lemon and fresh basil.

Butter or olive oil?

Olive oil.

Pizza or pasta?

Both, but preferably in Italy.

The best piece of cooking advice you've ever received?

Cook only with sun-ripened tomatoes,



Baked yoghurt cheesecake with rose geranium and mulberries

and never store tomatoes in the fridge.

Platteland or city? West Coast.

Who is on your fantasy dinner party guest list? Pierre Gagnaire, Michelle Obama, Rei Kawakubo, Sophia Loren, Ernest Hemingway, Christiane Amanpour, Lady Gaga, Anthony Hopkins, Thuli Madonsela and Annemarie Meintjes.

Music or silence when you're alone in the kitchen? Definitely music.

Which food and style trends are you excited about now? Edible succulents served in rocks.

Denmark or Tokyo? Tokyo, without a doubt.

Your thoughts on lockdown baking? I did not bake banana bread!

ICE-CREAM SANDWICH

This afternoon tea treat can be made quickly and is a real winner. Tip: use leftover tea-infused Bundt cake.

Makes 4
EASY
GREAT VALUE

Preparation: 15 minutes
ice cream 250 g
leftover cake (or store-bought) 4 slices

1 Lay a sheet of clingwrap on a flat surface and place large dollops of ice cream onto it. Cover with another layer of clingwrap. **2** Using a rolling pin, flatten the ice cream to the desired thickness, about 1½ cm. Place in the freezer. **3** Slice the cake and press out rounds in the desired size. When the ice cream is frozen, remove the clingwrap and press out a round the same size as the cake. **4** Assemble the sandwich by placing ice cream between the rounds of cake. Serve immediately with a cup of matcha, or tea of your choice.

BAKED YOGHURT CHEESECAKE WITH ROSE GERANIUM AND MULBERRIES

Serves 10 to 12
EASY
GREAT VALUE
Preparation: 15 minutes
Baking: 45 minutes

For the crust:
digestive biscuit crumbs 400 g
butter 100 g, melted

Three ways to get the best tea flavour into your baking

- ➔ Use a strongly flavoured tea with a distinct aroma, such as oolong, rooibos or Earl Grey.
- ➔ If your recipe contains milk, steep tea leaves in the milk for at least 15 minutes, then strain and use the tea-infused milk.
- ➔ The best way is to add tea leaves to melting butter and allow to steep for at least five minutes over a low heat. (Use about a third more butter than your recipe requires; you'll lose some during the straining process.) Remove from the heat and allow to steep for another 5 minutes. Strain the butter-and-tea mixture through a fine sieve and discard the tea. Refrigerate the butter, then use as normal in your baking. **Tasty tip:** Serve tea-flavoured butter with crumpets or a waffle.

For the filling:
rose geranium leaves (pesticide free) 6, coarsely chopped (or 2 t rose-water)
condensed milk 2 cups
Babylonstoren plain low-fat or full-cream yoghurt 2¾ cups
vanilla pod ½, seeded (or 2 t vanilla extract)
lemons 4, finely zested
cream 1¾ cups

mulberries, for serving
whipped cream, for serving (optional)

1 To make the crust, combine the biscuit crumbs and butter in a food processor. Lightly grease the sides of a 23 cm springform baking tin and line with baking paper. Press the crust mixture into the base of the baking tin. **2** Preheat the oven to 170°C. To make the filling, combine all the ingredients, then pour over the prepared crust and bake for 30–45 minutes, or until set. Remove from



Tea-infused bundt cake

the oven and allow to cool. Chill and serve cold with freshly picked mulberries.

WINE: House of BNG Rosé Nectar
250 ml cans

TEA-INFUSED BUNDT CAKE

Serves 8 to 10

EASY

GREAT VALUE

Preparation: 20 minutes

Baking: 50 minutes

full-cream milk 2 cups

tea leaves (such as Earl Grey or rooibos)

2½ T

soft butter 250 g, plus extra for greasing
sugar 400 g

➔ MORE TEA?

Make a tea icing by infusing tea into hot milk (strain before use). For a sticky cake, make a tea syrup to pour over the cake just after removing it from the oven. Try a lemon-and-Earl Grey syrup poured over an Earl Grey-flavoured tea cake.

large free-range eggs 4

vanilla 1 t

cake flour 1 kg

salt a pinch

baking powder 1 T

icing sugar, for dusting (optional)

1 Preheat the oven to 180°C. Grease a 23 cm Bundt pan with soft butter and dust lightly with flour. **2** Heat the milk in a saucepan and add the tea leaves. Simmer for 10 minutes, then allow to cool. **3** In a mixing bowl, cream the butter and sugar until light and creamy. Add the eggs one at a time, then add the vanilla. Mix to combine. **4** Sift the flour, salt and baking powder into a separate bowl. Add half the flour mixture to the sugar-and-butter mixture. Strain the milk to remove the tea leaves, then add half the milk to the batter and combine. **5** Add the remaining flour and milk and mix until smooth. Do not overmix. Pour into the prepared pan and bake for 45–50 minutes. Test with a skewer and, if it comes out clean, remove the cake from the oven. Cool for at least 10 minutes in the pan before carefully turning out. Serve as is or dust with icing sugar. To decorate, sprinkle with tea leaves.



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Recipes, pairings and remedies from the healing garden at Babylonstoren can all be found in *An Invitation to Tea*, a celebration of Maranda Engelbrecht's lifelong love for the ritual of making and drinking tea. "Growing up in Mzansi under the refined and loving eye of Mary Young resulted in my love for tea. It was always a special occasion, often served with a slice of Canterbury cake with red cherries. **For my 21st birthday I was given a Royal Albert tea set,** which is still my favourite.

In my food travels I learned more about the flavour, taste and appreciation of teas from China, Japan and India. In Paris, it was the next-level tea shop Mariage Frères that cemented my relationship with tea. At Babylonstoren, where I am responsible for food, product design and development, I was fascinated by the growing of herbal teas and by their wellness properties. The next time you visit Babylonstoren, you have an invitation to tea of your choice." – Maranda Engelbrecht

An Invitation to Tea is available for R490 at shop.babylonstoren.com/za/product/an-invitation-to-tea.