

Masala Chai

(Spiced Tea)

½ c.....Milk
½ c.....Water
1 tsp.....Black
Tea
1 ea.....Crushed
Cardamom Pod
2 ea.....Black
Pepper Corns
½ inchChopped
Fresh Ginger
1 inchBroken
Cinnamon Stick
¼ tsp.....Star
Anise
2 ea.....Cloves
to tasteHoney



1. Place all spices and tea in a tea strainer.
2. Heat the water and milk then let the spices steep for about 10 or 15 minutes depending on how strong you like it.
3. Remove spices and add honey.
4. Pour into a cup and enjoy.

Here in the US when we hear chai we think it is a spiced tea but in India chai is just sweetened tea with milk. Masala Chai is the spiced tea we are somewhat familiar with. I enjoy a cup almost every morning instead of coffee. It is a good way to get the body started because of the warming spices used. It is hard to find set recipe for Masala chai because it is all based on personal taste. However, there are 4 constants in every cup of Masala Chai. They are: Tea, Sweetener, Milk and Spices. The tea is usually a dark, strong black tea but can be a gunpowder tea or a rooibos, or a yerba mate. As for sweetener any will do but honey is most often used and always in heavy amounts. Milk is usually whole milk for it's richness but I will use low fat because I don't need all of the fat. Soy or rice milk will do as well. As for the spices, the ones I used are most popular but you will find nutmeg, vanilla, licorice, cocoa and almond in some versions. Oregon Chai has a strong vanilla flavor with the listed spices weaker in flavor. Just remember, when making your Masala Chai it is really a personal taste so if you don't like one or more of the spices either go lighter or leave it out. And if you do like one of the spices go heavy on it.

Be creative, have fun and enjoy!!!