

# MASALA CHAI TEA

## INGREDIENTS

milk

water

black tea

honey

spices (choose at your discretion):

cardamom pods, whole cloves,  
black peppercorns, cinnamon  
sticks, star anise, ground ginger,  
ground turmeric

## METHOD

Choose the spices you would like to use. The amount and ratio is completely up to you. I like to use about equal amounts of each of the spices listed. Some prefer primarily cardamom with little bits of some of the others.

Grind your spices in spice grinder, coffee grinder or with a mortar and pestle. If you don't have any of these tools, you can use the flat edge of a big knife to crush them.

For each cup of tea, use half milk and half water. Heat the liquid in a sauce pan and add the spices and black tea. You use about ½ to 1 tsp of spices for each cup of tea. Bring to a boil, turn off the heat, and allow to steep for 5 minutes.

Remove spices by pouring tea through a mesh strainer, and add honey to taste.

As you experiment more with making your own chai and choosing spice ratios, you will find what you prefer.