

# CHAI

## Masala Spice Mixture

Mix any amount you want, using the proportions indicated below, and store it for later use.

I grind everything fresh. But – don't use it right away. It will be too strong. Let it sit for a day.

1 part ground Cardamon

1 part ground Cloves

2 parts ground Cinnamon (freshly ground Cinnamon stick!)

2 parts powdered Ginger (only use powdered ginger if you don't have fresh on hand to use)

1 part ground Black Pepper

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**Ingredients to make 12 oz, or two 6 oz servings** (16 oz of liquid will cook down to 12 oz)

1 C Water

3 1/2 tsp Sugar

4 tsp Assam (loose Black Tea, my preference - CTC)

1/4 tsp Masala Spice Mixture (see above)

1 tsp fresh shredded Ginger

1 C Milk (see above for note on different proportions)

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## Method

1) In a saucepan, bring everything ('cept milk) – water, sugar, spices, and tea leaves – to a boil.

2) Allow mixture to boil for about 3 minutes.

3) Add milk, bring to simmer, and simmer for another 3 minutes.

[if you want to save time, you can warm the milk in separate saucepan while the tea is cooking so the milk will be up to temperature when you add it to the tea mixture]

4) Preheat cups. Strain the chai into the warmed cups. Serve immediately.

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**An alternative to grinding up a batch of masala spice mixture is to use the following for one cup:**

1 Clove

1 pinch fresh ground **White or Black Pepper**

A few grains of dried **Cardamon**, or 1-2 Cardamon seeds fresh from a green pod, or lightly crush a pod and use it

1 pinch ground **Cinnamon**, or a piece of a Cinnamon stick freshly grated

Several grating/shavings or a couple of slices of fresh raw **Ginger**. You don't need to peel it!

You can get away with lots of ginger!