

# CHAI

## Masala Spice Mixture

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

Grind everything fresh. I do a slightly coarse grind – not as fine as powder.

But – don't use the mixture right away. It will be too strong. Let it sit for a day.

2 parts ground Cinnamon (Cinnamon stick pieces)

1 part ground Cardamon (seeds w/o pods – decorticated)

1 part ground Cloves

1 part ground Black [or White] Pepper Corns

Use *freshly* grated or sliced Ginger at the time you make the tea.

But if you must resort to using dried Ginger: 2 parts powdered Ginger

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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 (or use 1 1/4 C Water : 3/4 C Milk)

1 C Milk

3 1/2 tsp Sugar [or more to taste]

4 tsp Assam Tea Leaves (CTC - Cut Torn Curled)

1/4 tsp Masala Spice Mixture (see above)

1 heaping tsp fresh shredded Ginger

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## Method

- 1) In a saucepan, bring everything *except the milk* [water, sugar, spices, and tea leaves] to a boil.
- 2) Allow mixture to boil on low for 4 minutes.
- 3) Add milk, bring to simmer, and simmer for another 4 mins.  
To save time, get the milk up to temperature by warming in separate saucepan to just shy of boiling while the tea is cooking.
- 4) Preheat cups. Strain the chai through a fine mesh strainer 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!