

Chai

Spiced Tea



Ingredients

3 cups of water
3 cardamoms
2 cloves
1 tsp fennel seeds
1 tbsp tea leaves or 2 tea bags
3 tsp sugar (or to taste)
approx. 100ml milk

To make Ginger Chai

3cm fresh ginger, grated

Method

- 01** Place water in a small pan.
- 02** Add the cardamoms, cloves and fennel (and ginger if making ginger tea) and heat the water.
- 03** Bring to the boil and leave for 2-3 minutes so the spices infuse into the water.
- 04** Add the tea and sugar. Reduce the heat and leave to simmer for 2-3 minutes.
- 05** Pour in the milk (the tea should be a light caramel colour). Turn the heat up and bring back to the boil. Just before it boils reduce the heat and leave it to simmer for about 5 minutes to intensify. (Be careful as it can boil over very quickly.)
- 06** Remove from the heat and strain the tea into small glasses.



More on this recipe

<http://www.harighotra.co.uk/sweet-chai-indian-tea-recipe>