
Masala Chai Tea

Cooking with Amy (blog) 2020



- 4 cardamom, pods**
- 4 black peppercorns**
- 3 cloves**
- 1 stick cinnamon**
- 2 thick slices fresh ginger**
- 2 cups water**
- 2 tea bags, or 1 tablespoon loose black tea**
- 1 cup milk, or more to taste (dairy or non-dairy)**
- Sweetener—white sugar - or honey, or artificial sugar**

Per Serving (excluding unknown items): 116 Calories; 5g Fat (32.0% calories from fat); 4g Protein; 18g Carbohydrate; 6g Dietary Fiber; 11mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 3

Servings: 2

NOTE: You may also add a little grating of nutmeg to this mixture, if desired, and a tiny little drop of vanilla. As expensive as vanilla beans are, these days, I would not use a vanilla bean in this - that would be too much, IMHO.

1. Crush the cardamom, black pepper, cloves and cinnamon and bash the ginger slices, but do not grind any of it completely.
2. In a pot combine the water and spices. Bring the mixture to a boil, then reduce the heat and simmer over low heat, covered for 10 minutes. Add the tea and turn off the heat. Cover again and let steep for 5 minutes. Meanwhile, heat the milk in the microwave just until below a boil.
3. Into a warmed teapot, strain the tea, add the milk and add sweetener to taste, or allow guests to add sweetener of their choice (or not).