

Masala Chai Concentrate

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Servings: 8

1. Place cinnamon sticks and star anise on cutting board. Using back of heavy skillet, press down firmly until spices are coarsely crushed. Transfer to medium saucepan. Crush cardamom pods, cloves and peppercorns and add to saucepan. Toast spices over medium heat, stirring frequently, until fragrant.
2. Add water, sugar, ginger and salt and bring to a boil. Cover saucepan and reduce heat; simmer mixture for 10 minutes. Stir in tea, cover and simmer for 10 minutes more. Remove from heat and let mixture steep for 10 additional minutes. Strain mixture through a fine-mesh strainer to remove all spices and tea leaves. Let cool completely (don't use a plastic bowl for this as it will stain) and refrigerate for up to a week.
3. **SERVING:** For hot masala chai, use 1/2 cup concentrate and 1/2 cup milk; heat over low heat until desired temp (or combine in mug and heat in microwave). For iced masala chai: use 2/3 cup concentrate, 1/3 cup milk over ice in glasses, stirring to combine.

- 3 cinnamon sticks, 2" long
- 1 star anise
- 15 whole cardamom, pods
- 2 teaspoons whole cloves
- 3/4 teaspoon black peppercorns
- 5 cups water
- 1/4 cup brown sugar, packed (or monkfruit sweetener, golden)
- 1 tablespoon fresh ginger, finely minced
- 1 pinch salt
- 3 tablespoons black tea, Assam is recommended
- Milk, for combining with concentrate

Per Serving (excluding unknown items): 73 Calories; 1g Fat (11.7% calories from fat); 2g Protein; 18g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

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