Indian Spiced Ginger Chai (Tea)

Adapted slightly from elana's pantry blog, 7/2011
Internet Address:



Spicy, even a tinge warm with ginger-black-pepper heat, and delightful. Very refreshing.

2 quarts water

1/2 cup fresh ginger, finely chopped (skin on)

10 whole cardamom, pods

5 whole cloves

10 whole black peppercorns

1/2 teaspoon fennel seed

1/4 cup tea (organic loose rooibos, or substitute black tea - see directions below)

1 cup almond milk, or more if you prefer a more milky tea

Sweetener - stevia, agave, or sugar

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

I don't love rooibos tea, so I used a more ordinary black tea blend. Try different types to suit your tastes.

1. Place all ingredients (except almond milk and sweetener) in a large pot and bring to a boil. If you are using black tea, use tea bags or a tea diffuser to contain the tea, and add it later (see note in #2). If you're using rooibos, add it in with all the other ingredients and leave it in for the full steeping time in the recipe.
2. Reduce heat and allow to simmer (rolling simmer) for 30 minutes. Turn off heat (and add the black tea now, if you're using it, and remove it 5-7 minutes later), then allow tea to sit overnight at room temp to continue steeping.
3. Strain mixture into a 1-quart jar. This is your "concentrate."
4. Fill a glass with ice, pour in 1 cup of chai concentrate and add 1/4 cup (or more) almond milk, or milk of your choice.
5. Add sweetener if desired - stevia, sugar or agave nectar to taste and serve.

Per Serving (excluding unknown items): 97 Calories; 4g Fat (27.5% calories from fat); 3g Protein; 19g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 43mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.