

Chai Tea



Yields 6-7 cups

1. Combine:
 - ❖ 1 tbsp. anise seeds or fennel seeds
 - ❖ 9 green cardamom pods
 - ❖ ¼ tsp. whole cloves
 - ❖ 1 cinnamon stick
 - ❖ 2 oz. of sliced ginger root
 - ❖ ¼ tsp. black pepper corns
 - ❖ 2 bay leaves
 - ❖ 7 cups water
2. Bring to a boil and boil for 5 mins. Turn off heat, and let steep for 10 mins.
3. Add to the pot:
 - ❖ 4 tbsp. loose black tea. (Darjeeling preferred, or Asaam)
4. Bring to a boil and simmer 5 mins.
5. Strain through a coffee filter.
6. Add:
 - ❖ 3 tbsp honey
 - ❖ 3 tbsp sugar
 - ❖ 1 cup milk