



MASALA CHAI

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Yield: 4 large or 6 small servings

A sweet, creamy, spiced tea inspired by Indian cuisine.

INGREDIENTS:

12 green cardamom pods	10 black peppercorns
1 tablespoon fennel seed	7 cups water
12 whole cloves	6 bags of black tea (regular or decaffeinated)
2 cinnamon sticks	3+ tablespoons brown sugar
1 ½ inch piece of ginger root	1 cup milk (any kind)

DIRECTIONS:

1. Gather all of your ingredients so you're ready to go, but don't combine anything yet since two of your ingredients need to be prepped. Crush the cardamom pods with the back of a large spoon to release more flavor during boiling. There is no need to peel the ginger (you can if you prefer), but slice it thinly into matchsticks.
2. Combine the cardamom, fennel seeds, cloves, cinnamon stick, ginger root, peppercorns and water in a saucepan large enough to hold 8+ cups of liquid.
3. Bring the spice mixture to a boil and let it bubble away vigorously for 5 minutes.
4. Remove the pan from the heat and let it steep for 10 minutes.
5. Add the tea bags to the pan, place it back on the heat and bring to a boil. Once bubbling reduce the heat and simmer the tea gently for 5 minutes.
6. Strain the mixture into a heat-resistant bowl, discard the spices and then return the tea to the saucepan.
7. Stir in the brown sugar and milk. Taste the masala chai and add more sugar if you prefer it sweeter. Serve immediately.
8. Left over chai can be stored for a few days in the refrigerator and reheated on the stove or in a microwave. This chai is great with a lightly sweet scone, like my Blueberry Cinnamon Scones.

Recipe by: The Sheep Are Out at <http://www.thesheepareout.com/>