HOT & BOLD

Masala Chai

PREP	COOK	SERVES
5 min	12 min	2 cups

Vegetarian

Strong black tea simmered with milk, ginger, cardamom, cinnamon and cloves. Spicy, sweet and warming.

Ingredients

- 250 ml water
- 250 ml whole milk
- 2 tbsp loose Assam tea, or 3 black tea bags
- 1 tbsp grated fresh ginger
- 4 green cardamom pods, lightly crushed
- 1 cinnamon stick
- 3 cloves
- 5 black peppercorns
- 2 to 3 tsp sugar or jaggery, to taste

Method

1. Put the water, ginger, cardamom, cinnamon, cloves and peppercorns in a small pan and bring to the boil. Simmer for 3 minutes.
2. Add the tea and simmer for 2 minutes more, until the liquid is dark.
3. Pour in the milk and the sugar and bring to just below the boil. Simmer gently for 3 to 4 minutes, stirring, until it turns a deep caramel colour.
4. Strain into two cups and serve hot.

Cook's tip

Watch the pan when the milk goes in. Chai foams up quickly and boils over. For a vegan chai, use oat milk.