

Spiced Chai Tea

A spicy fragrant homemade chai tea

Yield:

4 servings

Ingredients:

1-2 cinnamon sticks (3-4 inches long), broken

1 teaspoon whole cloves, crushed

1/2-1 teaspoon cardamom seeds, crushed (or 2 teaspoons green cardamom pods, crushed)

8-10 whole allspice berries, crushed

1/2 teaspoon black peppercorns, crushed

1/2-1 teaspoon ground ginger*

4 cups water

1 tablespoon loose leaf black tea

1/4 cup heavy cream (or milk to taste)**

Honey or brown sugar, to taste

Instructions:

1. Combine spices and water in a saucepan. Bring to a boil and simmer for 10-15 minutes.

2. Remove from heat and stir in the tea leaves. Allow to brew for 3-5 minutes.

3. Strain tea into cups or a tea pot. (If using a tea pot, pre-heat the pot with boiling water first.) I use a fine mesh strainer to strain.***

4. Add cream and sweetener to taste. I prefer dark brown sugar and heavy cream in my chai, but you can use any sweetener you like, and substitute milk or half and half for the cream.



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This recipe is from Tammy's Recipes.