Masala Chai (Spiced Tea)

Masala: a mix of spices, chai-tea.

Masala Chai is a delicious sweetened black tea drink enhanced with spices and milk. The origins of the recipe are attributed to the traditional Indian natural form of healing called Ayurveda which incorporates as part of its practice combinations of spices, herbs and sweeteners to assist with curing bodily ailments.

Just as salt is used in savoury recipes to bring out the flavour of the other ingredients, a sweetener is recommended to bring out the flavours of the spices. Whole milk is the milk of choice to provide the right level of richness, but non-fat milk or non-dairy milks (soy milk or rice milk, for example) also work well.

The recipe serves 10 but the ingredients can be reduced for the serve number you require and you will still maintain the integrity of the recipe.

Ingredients:

10 cardamom pods (the equivalent of 1½ teaspoons of ground cardamom)

5 whole cloves

15 peppercorns

¼ teaspoon freshly grated nutmeg

¼ teaspoon ground cinnamon

5 cups whole milk

5 cups water

8 teaspoons of loose black Tea (Stir Tea Assam is perfect)

4 tablespoons of sugar (or sugar to taste)

Method:

1. Remove the seeds from the cardamom pods and combine with peppercorns and cloves in a mortar & pestle (or spice grinder). Grind to a fine powder and combine with nutmeg and cinnamon.
2. In large pot heat milk, water, tea leaves, sugar and ground spices. Stir well to ensure the sugar has dissolved. Bring to a boil (watch for signs of milk burning) and then reduce heat to low and simmer for 10 minutes. Make sure to continue stirring throughout the cooking process.
3. Pour chai through a fine mesh strainer and serve in individual cups.

We hope you get a lot of joy from making and sharing this Masala Chai Tea. Wishing you Happy Tea Times from everyone at Stir.