

# Homemade Chai

Use a mortar and pestle to grind the spices for this recipe.

serves 3-4

## Ingredients:

- 8 cardamom pods
- 6 whole allspice
- 1 3 inch piece cinnamon bark
- 1 teaspoon whole black peppercorns
- 1 teaspoon whole cloves
- 1 teaspoon fennel seeds
- 1 teaspoon anise seeds
- 1 inch piece fresh ginger root
- 2 bags black tea
- 1 cup water
- 3 cups milk (raw dairy or alternative)
- 2 tablespoons honey or more to taste (maple syrup may be used)



## Directions:

1. In a mortar and pestle, grind spices to crush and break open the seeds and pods.
2. Add the spices to one cup of water in a small pan, and bring to a boil.
3. Turn the heat off, cover and steep for 10 minutes.
4. Add the 2 teabags and bring to a boil again.
5. Turn off heat, cover and steep for 10 minutes.
6. Strain off the teabags and spices.
7. Return tea to pot, add milk and honey, warm until steamy. Stirring.
8. Serve.

If you would like to enjoy chai daily, I'd recommend making a large batch of *concentrate* so you can simple heat it up each morning without dragging all those spices from your pantry. Admittedly, that can be quite a production.

## To Make Chai Concentrate:

Multiply the recipe several times up to the point of adding milk, but do not add the milk. Do add honey or maple syrup though. Simply strain spices and tea bags and store the sweetened liquid in a glass jar until future use. When you'd like a mug, heat 1/3 cup of concentrate and 1 cup of milk over low to moderate heat. Enjoy!