

Masala Chai

Ingredients

- 2 cups water
- 2 tsp loose leaf black tea (You can use any plain black tea and adjust this based on how strong you want the tea).
- 1 inch piece of fresh ginger, peeled and lightly smashed to release the juices.
- 4 cardamom pods, lightly crushed (or 1/4th tsp of cardamom powder). If you don't have cardamom, it's ok to skip this. Ginger will add enough flavor.
- 4 tsp sugar (adjust for desired sweetness)
- ½ cup milk (whole milk or 2% milk works best)
- A fine-mesh tea strainer

Directions

- Take a deep saucepan with a spout. Butter warmers work great for making tea! Add the water to it and let it heat.
- Once the water starts getting warm, add the tea, sugar, ginger and cardamom.
- Let it all come to a rolling boil. Add the milk.
- Let it boil and come to the surface of the pan, and immediately lower the flame to the lowest. Keep an eye on this – the tea will spill over super-fast!
- Repeat this process twice. Switch off the flame. (Another option is to skip adding the milk till after you've strained the tea into a mug.)
- Strain the tea with a tea strainer into a mug and you have yourself a rich, creamy and sweet Indian chai!