

Masala Chai

Makes 2 cups



Ingredients

Spice Mix – to be ground together:

- 24 green cardamom seeds
- 18 black peppercorns
- 1 tsp aniseed
- ½ tsp ginger powder
- ¼ tsp cinnamon powder

Other ingredients:

- 15 oz water
- 5 oz milk
- 2 tsp black tea
- 3 tsp sugar

Method

1. Make spice mix and grind together.
2. Boil water, milk and spice mix (¼ tsp per cup of tea
3. Add the tea and sugar, mix and lower the heat
4. Reduce to the lowest heat and leave for 2 minutes
5. Strain and serve immediately.