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Homemade Chai Tea

Ingredients

For best results, use fresh whole spices.

- 6-inch piece of fresh ginger cut into slices (fresh ginger is important as it adds a nice spiciness)
- 4 Cinnamon Sticks
- 2 Tablespoons Cardamom Pods
- 2 Tablespoons Whole All Spice
- 2 Tablespoons Whole Black Peppercorns
- 2 Tablespoons Whole Cloves
- 2 Teaspoons Freshly Grated Nutmeg
- 2 Cups Water
- 2 Cups Whole Milk
- ¼ Cup Brown Sugar
- ¼ Cup Raw Sugar
- 1 Family Size Black Tea Bag



Directions

- Add sliced ginger to medium saucepan.
- Crush cinnamon sticks using a Mortar and pestle or mallet.
- Add crushed Cinnamon to saucepan along with the remaining spices.
- Add in water.
- Turn to medium high heat.
- Once water is warmed through, add in milk and heat until warm.
- Add in sugars and stir to dissolve.
- Steep tea bag in chai mixture for approximately 3 minutes.
- Remove tea bag from saucepan.
- Strain chai mixture evenly into 4 cups using a fine mesh sieve or coffee filter/liner.
- Enjoy!

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Recipe courtesy of E. Prechtel, *Sharing, Life, Love and Food*, sharingourlifeloveandfood.com