



Our Favorite Chai

(which happens to be Lopa's Masala Chai Recipe)

In India "chai" means plain black tea. If you want the one with spices, you have to ask for "masala chai". I recommend that you prepare a big amount of the *masala* (spice blend) so that you can make a fresh cup without much effort anytime a friend drops by.

Masala (spice blend) for 26 cups of chai:

I prefer using organic spices, found at any Indian grocery store or online.

- 30 pods of green cardamom
- 10 whole cloves
- ¾ tea spoon of ginger powder
- ¼ tea spoon of cinnamon powder
- Grind cardamom pods and cloves together, with a spice or coffee grinder.
- Mix all spices together and store in an airtight jar. This is your *masala*.

Now you are ready to make Chai (2 cups):

- 1½ cups of water
- ½ cup of milk (grass-fed organic, or non-dairy substitutes)
- 2 teaspoons of loose black tea leaves (I prefer organic Assam tea)
- ¼ teaspoon of the *masala* spice blend
- 2 teaspoons of organic raw sugar or honey (adjust to your taste)
- Optional: If time permits, finely grate a thumb-sized piece of ginger root.

Method:

- Mix the water, milk and ¼ tsp of the *masala* in a saucepan and bring it to a boil on medium/high heat. (Add the optional fresh ginger root).
- Let it boil for 5 minutes, then reduce heat and add the tea leaves. Cover the pan and let it sit for 3-4 minutes.
- Now strain the mixture with a tea strainer into your favorite tea pot or cups and sweeten with sugar or honey.

Enjoy a cup — or two — with your friends!

Namaste,

Your Friends at Supreme Swan