

TAVALON

THE FUTURE OF TEA



Tea Recipe: CHAI EGGNOG

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Prep/Cooking Time: Around 1.5 hrs, chill for 3 hours

INGREDIENTS:

1 heaping Tablespoon Kama Chai Sutra tea

3½ cups milk

½ cup demerara sugar (the “in the raw” stuff)

4 large eggs

1 tsp vanilla extract

½ tsp nutmeg (freshly grated, if possible)

½ cup bourbon (recommended: Bulleit)

1 cup heavy cream

cinnamon sticks, garnish

PROCEDURE:

In a medium saucepan, heat the milk until just before boiling. Remove from heat, add tea leaves, stir and allow to steep for 30 minutes. Strain and reserve 1 cup of the chai milk. Add remaining milk back to saucepan under low heat.

In another saucepan, beat the eggs, the cream and the sugar until creamy and frothy. Slowly add the warmed chai milk to the egg mixture, stirring constantly, to temper (otherwise you'll have scrambled eggs).

Cook the mixture over low heat until it has become thick and reaches 170°F, about 15 to 20 minutes. You'll know it is done when it coats the back of a wooden spoon.

Remove from heat and add the remaining 1 cup of chai milk, bourbon, vanilla and half of the nutmeg. Chill for 3 hours. Beat the cream until thick and fold into chilled mixture.

Serve in a teacup and add cinnamon stick, then sprinkle with remaining nutmeg.

(NOTE: any leftovers can be poured into your ice cream maker for an easy and delicious Chai Eggnog Ice Cream!)