






Swaran's Masala Chai Recipe




From our family to yours, we hope this spiced black tea recipe warms your hands and your heart.









Ingredients (serves 2):

- 
- 1-2 cups water (based on preferred consistency - see tips below)
 - 2 teaspoons sugar (honey as substitute works too)
 - Milk - whole milk is typically used to make it thicker (oat milk is Swaran's milk of choice)
 - 2 teaspoons black tea leaves or tea bags (preference is Tetley British Blend or Taj Mahal Black Tea leaves)
 - Ginger (freshly grated or crushed)
 - Cardamom pods (only need 2)
- 

Recipe:

1. Crush spices: cardamom pods and grated ginger
 2. Boil water in a nonstick saucepan over high heat (1/4-1/2 cup of water). Once water is boiling, add the spices
 3. Once water comes to a boil, add the tea leaves (or tea bag). Reduce the heat to low-medium. Let the tea steep with the spices for 2 minutes and then add the milk.
 4. To deepen the flavor of the spices in the milk, bring the chai to a double boil and then down to a simmer for 3-4 minutes.
 5. Strain & serve!
- 

Tips from Swaran:

- 
- Milk to water ratio should be 2 parts water to 1 part milk. If you prefer a milkier, creamier chai, make the ratio 1:1.
 - Add the ginger to the water before the milk is added (it can curdle milk afterwards). Dried ginger or ginger powder can be used as an alternative.
 - Optional spices that can be added for more flavor: 1/2 stick cinnamon (go easy), cloves (only need one or half of one), black pepper.
- 
- 
- 
- 
- 
- 