



## Chai (Indian Tea)

### Ingredients

4-5 orange pekoe teabags

1" cinnamon bark

1 ½ teaspoon fennel seeds

4 green cardamom seeds

whole milk

5-6 teaspoons sugar

5 ½ teacups water (the actual size of the cup in which you'll serve tea)

### Preparation

You don't need all of the spices listed above to make chai. At home, we often just use green cardamom, and lots of it!

Depending on the strength of tea you prefer, use 4 teabags for a milder flavor and 5 for a stronger flavor.

The amount of sugar should also be adjusted to your preference. Break the cardamom seeds. Place the cinnamon, fennel, cardamom, sugar and water in a saucepan and bring to a boil. Once the water is boiling, add the teabags and let boil for another minute. Add ¾ to 1 teacup of milk, bring to an almost boil and remove immediately from stove. Remove teabags. Pour tea through a strainer and into a teapot or directly into teacups. Serve while piping hot. Once the chai has cooled, it cannot be reheated.