



## Chai

***This recipe makes approximately 2 quarts of a chai concentrate that can be stored in a jar in the refrigerator for 7-10 days. To make a cup of chai, simply fill your mug with concentrate and milk and heat in microwave or in pot on top of stove.***

1 TBS whole cardamom pods  
1 TBS whole black peppercorns  
1 tsp cloves

2-5 inch piece of ginger root, grated, depending on how gingery you like your chai

Black tea

*Good chai requires a strong black tea. Assam or orange pekoe are the best. PG Tips tea bags make great chai if you can't find loose tea.*

Ground cardamom and ground Ceylon cinnamon for more flavor

Milk

*I prefer 2% lactose free; not a fan of plant-based milks in chai but if you prefer that route, you'll need to experiment until you find one that tastes right to you. I think Caron is using oat milk now?*

Honey or sugar

2 quarts of water

A covered pot that holds at least 3 quarts of liquid for boiling water

A second pot, ideally one with a wide top and a spout (like a carafe from a coffee maker) that is easy to pour from

A strainer that fits over second pot

A half gallon jar to store finished concentrate

Bring 2 1/4 quarts of water to a boil. Add whole cardamom, peppercorns, cloves, and ginger. Then cover pot, reduce heat to lowest setting, and gently simmer for at least 30 minutes. Longer is fine; mine sometimes simmers for a few hours. Be sure to keep the pot covered to prevent evaporation.

Remove from heat and let cool for a minute or so. Then add black tea. Depending on how strong you like your chai, add 6-8 tsp. of tea or 6-8 PG Tips bags. Cover and let steep for 3 minutes. **DO NOT ALLOW TO STEEP LONGER THAN 5 MINUTES. THIS DEVELOPS TANNIC ACID WHICH UNDOES ALL CHAI'S HEALTH BENEFITS.**

When 3-minute steeping time is done, strain the chai into the carafe. Add honey or sugar to taste. Stir well and try a spoonful. Add more honey or sugar if it's not sweet enough.

You now have your chai concentrate. Let it cool a bit before pouring into storage jar. Now, if you're using the ground spices, put about 1/2 tsp of ground cardamom and 1/4 tsp of ground cinnamon into the straining jar. The ground cardamom is the secret ingredient. I don't think you can overdo it!

Carefully pour the cooled concentrate into the jar. Start with just a cup and then give it a good shake to dissolve the ground spices. Then add the rest of the concentrate and voila!

You probably want a cup right now. Some people like more milk, others less. I prefer about 1/2 and 1/2; some people prefer 2/3 chai, and 1/3 milk. Experiment to find your ideal proportions. Heat in microwave or on top of stove.

***Enjoy!***