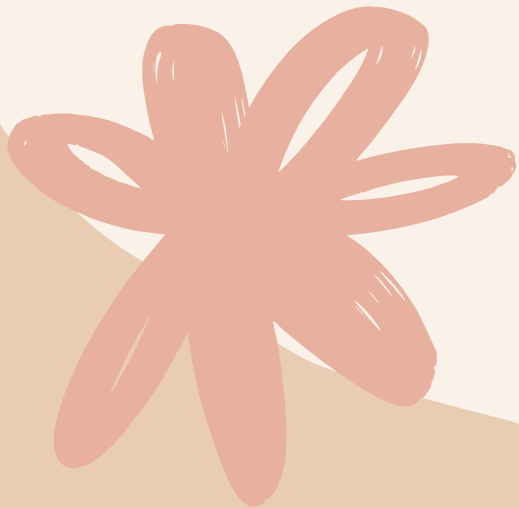


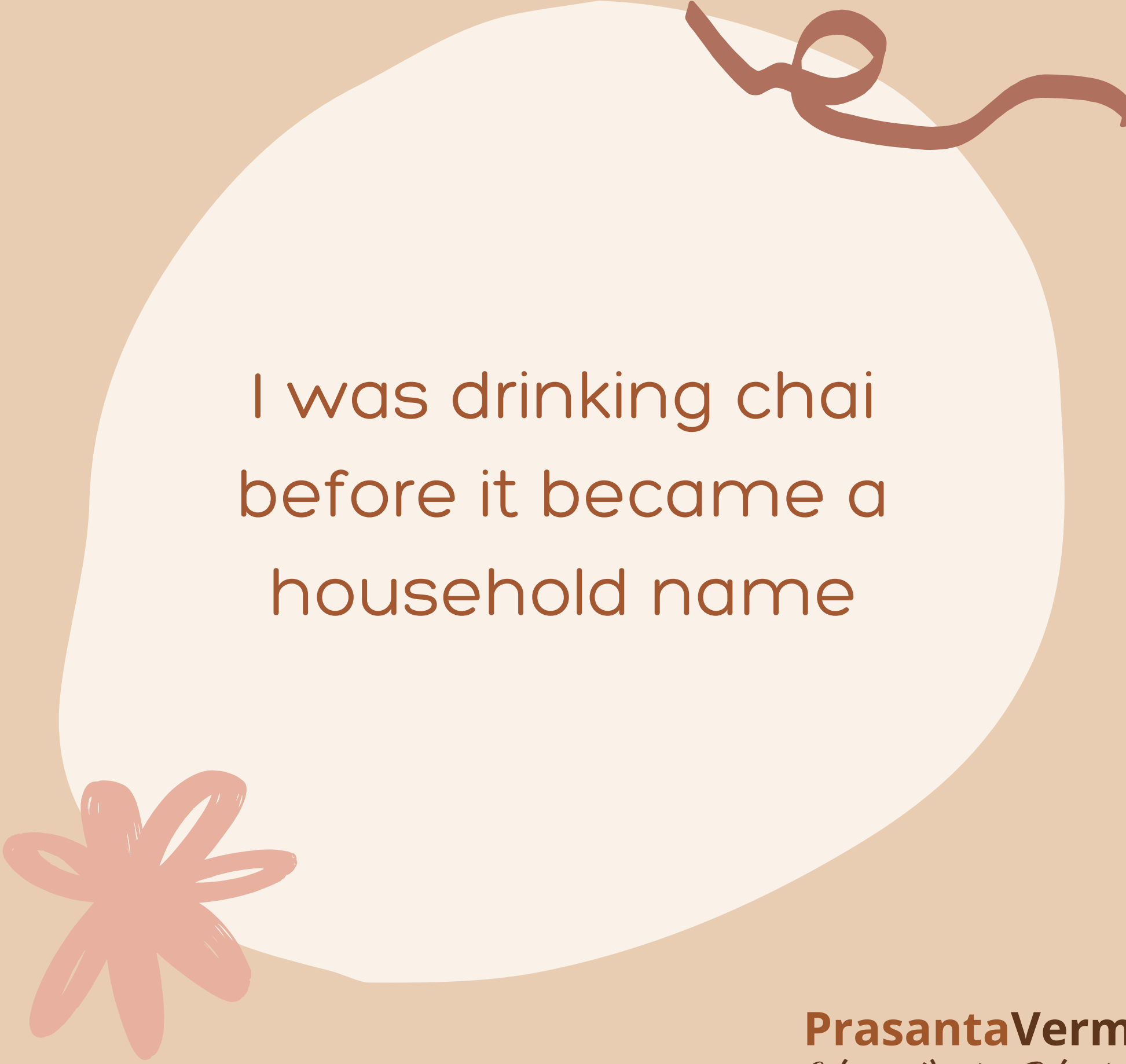
Prasanta's Homemade Chai Recipe!




PRASANTA'S CHAI RECIPE



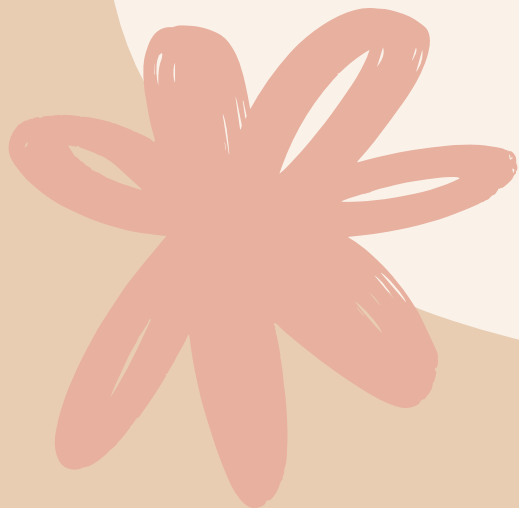
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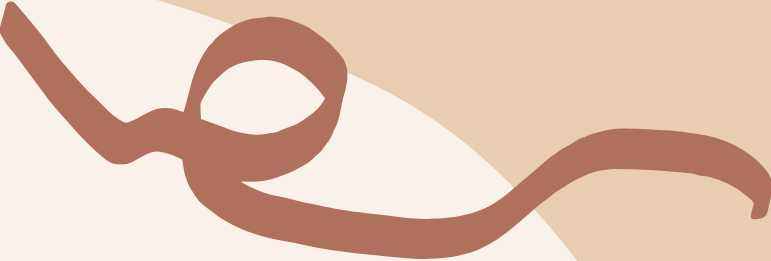


I was drinking chai
before it became a
household name

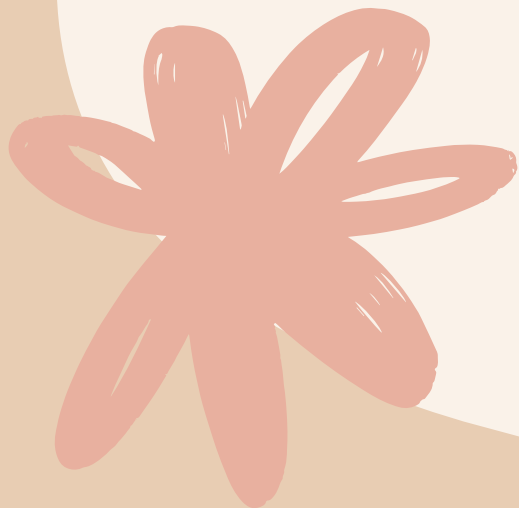


My parents made
homemade chai
everyday while I was
growing up, before it
became a popular
phenomenon in the U.S.





I've been working on
the recipe, and now I'll
share what I've learned
after many years of
making my own
homemade chai.





But first:
it's only called "chai".
It's not called "chai tea".
Chai actually means "tea".
When you say "chai tea",
you're actually saying
"tea tea".



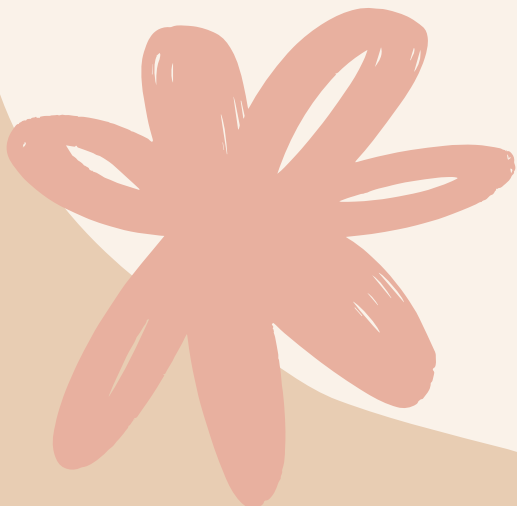


Prasanta's Homemade Chai Recipe!

Are you ready?

DEVELOPED BY ME WITH YEARS OF PRACTICE AND EXPERIMENTING

It's Chai O'clock!



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Prasanta's Homemade Chai Recipe

Ingredients

For one cup of chai you'll need:

1 tsp loose black tea leaves

1/4 cup milk of your choice (cow's milk, almond, oat, etc.)

3/4-1 cup water

Assorted spices (use one below or combine to your taste):

- 1/2 tsp chopped fresh ginger or 1/4 tsp ginger powder
- 1/4 tsp cloves
- 2 cardamom pods crushed (I use a mortar & pestle to crush)
- 1/4-1/2 tsp fennel seeds
- 1/4 tsp cinnamon
- Dash nutmeg
- Optional: black pepper

Sugar or honey to taste (about 1- 1/2 tsp)

Also, you'll need a pot, a strainer, and a mug.

See notes at the end for helpful tips



Directions



Add $\frac{1}{4}$ cup milk of your choice (I often use almond or oat) with $\frac{3}{4}$ cup water to saucepan.

Add 1 tsp loose black tea leaves and spices of your choice.

Turn on stove and boil. Keep watch, or else it will boil over and spill.

When it boils to almost the top of the pan, reduce heat and simmer a few minutes.

After it has simmered a few minutes, the tea has steeped, and the color is a nice caramel color, strain your tea in your mug.

Add sugar or honey to your taste, and enjoy!



Notes



If you are using cow's milk, use whole milk for maximum richness, flavor, and creaminess. No matter which milk you prefer, experiment with the amount of milk.

I vary the spices. Sometimes I only use one of the above, sometimes a few of them.

You can get a tea strainer anywhere—Wal Mart, Target, IKEA, etc. Don't throw used tea leaves in the sink garbage disposal as it can create clogs.

Some people like to boil the milk and water a few minutes first, then add the spices. I prefer to add them all at once and keep watch because I'm usually multi-tasking!





Notes, continued


Sugar is optional. Use whatever kind you prefer, and adjust to your taste.

I buy black loose tea from the Indian grocery store. Store-brand loose black tea leaves will work fine. Experiment with loose teas to find what you like.

The amount of spices you use is to your taste—experiment, and add more or less of what you like.

If you want the tea spices already pre-mixed, you can go to any Indian store and ask for tea masala.





Now it's your turn! Did
you try it? I'd love to hear
from you!

Contact me at prasantaverma.com
and share your chai-making
experience with me!

PRASANTA'S CHAI RECIPE



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