

Chai

Use this basic Chai recipe adapted from “Cooking Light Annual Recipes 2008” as a starting point, then alter it to suit your preferences. You might add black peppercorns, vanilla bean seeds, or anise seeds, for instance.

Serves 2

1-1/2 c. water
7 cardamom pods, crushed
6 whole cloves
4 white peppercorns
1 (1/2" piece) peeled fresh
ginger, coarsely chopped
1 cinnamon stick, broken
2 decaf Lipton or Tetley Black
tea bags
1/4 c. honey

Combine in a medium
saucepan water, cardamom,
cloves, peppercorns, ginger
and cinnamon stick; bring to a
boil. Cover, reduce heat, and
simmer 15 minutes. Add tea
bags and simmer 4 minutes
(do not boil).

Strain through a fine
sieve into a small container;
discard solids. Add honey to
tea mixture, stirring until well
blended.