

Chai Tea

Ingredients:

40 green cardamom pods

25 whole cloves

8 star anise

40 peppercorns

8 cups of water

16 slices ginger (skins ok)

4 cinnamon sticks– split lengthwise (use your fingers to separate)

12 tea bags

8 cups milk

20 teaspoons honey

Instructions:

1. Lightly crush cardamom pods, whole cloves, star anise and peppercorns, and place in a large pot with the water. Add ginger, cinnamon and black tea. Give it a good stir.
2. Bring to a boil and turn the off heat (don't continue to boil the tea, it may get bitter) and let it steep at least 10 minutes.... or for several hours. *The longer, the more flavour!*
3. Add milk and bring to a simmer once more, turn off the heat.
4. Stir in honey.
5. Strain into a serving jug.