

KASHMIR CHAI



1 quart of water
3-4 slices of Ginger (*optional*)
1 Cinnamon stick (*optional*)
1 handful of Cardamon pods
2 pinches of Mace or Nutmeg
8-10 threads of Saffron
1 handful of green tea or 2 tea bags
1 cup of milk
Sweetener of choice

2 quart pot
Mortar and Pestle or Surabachi

- Bring the water to a simmer and add the slices of ginger.
- Crush the Cinnamon stick and cardamon pods in a mortar and pestle or suribachi individually before adding to the pot.
- Allow the masala to simmer for 10-15 minutes.
- Saffron goes in towards the end of the simmer time.
- Add the milk and allow it to warm in the masala.
- Add the green tea and allow a few minutes for the tea to steep.
- (Do Not bring to a boil or steep the tea for too long.)
- Strain and sweeten to taste.
- For an exotic touch try Jasmine green tea.

Note: Both recipes work well with caffeine-free, moderately caffeinated teas and sugar substitutes: Decaf Black teas, Decaf green teas Roobois or Twig teas make good chai. Sweet options like Stevia a concentrated natural sweetener and agave nectar will not affect blood sugar or if you use honey do not add it in the pot, add it in your cup individually. Honey can be toxic when exposed to high temperatures.