

Immunity Masala-Chai



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Fatima Baig from Immunity inspired by tea challenge

- Sub Category Name
Drink
Chai
- Recipe Source Name
Immunity Inspired by Tea Recipes
- Festivities Name
Autumn
Spring
Summer
Winter
- Activities Name
Immunity Inspired by Tea Recipes

Used Teas



Lemon

Ingredients

Masala Chai Fatima Baig

- 4 bags Dilmah's Lemon Flavored Ceylon Black Tea
- 2 cups Milk
- 4 cups Cold Water
- 2 tsp Cinnamon
- 1 tsp Fennel
- 1 tsp Cardamom
- ½ tsp Star anise
- ¼ tsp Allspice
- ¼ tsp Nutmeg
- ¼ tsp Clove
- 1/8 tsp Black pepper
- 3 tsp Ginger, grated
- tsp Jaggery
- 4-8 strands Saffron

Methods and Directions

Masala Chai Fatima Baig

1. Dry roast cinnamon, cardamom, fennel, star anise, allspice, clove and black pepper.
2. Cool and set aside.
3. In a lidded saucepan, add the spice mix and freshly grated ginger to cool water.
4. Cover and cook on medium heat till reduced to half. Keep covered while cooking to ensure that all the essential oils in the spices do not evaporate.
5. Add milk and jaggery to the spiced water and cook over medium heat, do not let it boil.
6. Once the mixture steams, add Dilmah tea, cover and steep for 5 minutes.
7. Strain and pour the tea into cups.
8. Add a strand or two of saffron to each cup and serve right away.