

## RECIPE

# Sana's Masala Chai

Recipe by Sana Javeri Kadri

Yield: 2 small cups

## INGREDIENTS

- 1 cup water
- 12 pods \*Baraka cardamom, lightly crushed
- 1 teaspoon Aranya pepper\*
- ½ teaspoon ground Makhir ginger\*
- ½ teaspoon ground high-quality cassia or cinnamon
- ½ teaspoon fennel seeds
- 4–5 whole cloves
- 1–2 tablespoons sweetener, such as date syrup or jaggery
- 1 cup oat milk or whole milk

## DIRECTIONS

- ① Add the water to a small saucepan, place over medium high heat and bring to a boil.
- ② When the water is boiling, add the cardamom, pepper, ground ginger, ground cinnamon, and fennel seeds. Stir well to make sure the ground spices dissolve in the water. Reduce the heat to medium low and simmer for 3–4 minutes.
- ③ Add the milk and your desired sweetener. Increase the heat to medium high and bring back to a boil, then reduce the heat to medium low and let simmer for a minute. Repeat this boiling and simmering process until you reach the desired consistency (imagine this process as a sine curve). For a thinner chai, repeat about 2–3 times, about 5 minutes total. For a thicker consistency, repeat about 4–5 times, about 8 minutes total.
- ④ Add the tea leaves or tea bag(s) and simmer for another minute. (If you like a more caffeinated, black tea-forward cup, add the tea with the milk and sweetener in Step 3.)
- ⑤ Strain using a fine mesh strainer and enjoy! (I pour it into a saucer and sip like a cat because that's what my Nani taught me.)

**For iced chai:** Boil and simmer the chai about 4–5 times in Step 4 for a thicker, more concentrated tea (keep in mind the ice will dilute it!). Cool in the fridge, pour over ice, and enjoy!

\*Spices can be purchased at [www.diasporaco.com](http://www.diasporaco.com).

