

# sniffle-busting masala chai

serves 2

I'm not going to claim that this is the best masala chai recipe on the internet or any fluff like that. This is just how I make chai when I'm fighting a cold, and I like it a lot, so I wanted to share. If you don't have a family recipe, you can start with this one!

It's good any day of the week, but I think it slaps hardest when you're under the weather.

## ingredients

- 3 green cardamom pods
- 3 cloves
- 2 inches cinnamon
- 4 black peppercorns
- 1/4 tsp ground nutmeg
- 1/2 tsp fennel seeds
- 2 Tbsp minced fresh ginger
- 2 bags black tea (I use Orange Pekoe)
- 2 Tbsp honey
- 2 cups water
- 1.5 cups milk (I use oat milk)
- 1 tsp vanilla extract (*optional*)

## notes

*Masala chai is the proper name for the hot, spiced, and oh-so-satisfying drink that originated in India and so often gets transmogrified into the so-called chai tea latte. (The word chai, in fact, just means tea, which is why people get frustrated by the phrase "chai tea!")*

*Obviously, I do not intend to suggest that I have invented or re-invented chai in any form here.*

## preparation

1. Roughly crush dry spices together using a mortar and pestle.
2. Boil the ground spices with the ginger and 1 tea bag in 1 cup of water for 4-5 minutes.
3. Separately, make 1 cup of tea with the 2nd cup of water and 2nd tea bag in a big heatproof measuring cup (or other vessel you can strain hot liquid into and pour from).
4. Add milk and honey to boiling spice water mix. Bring it back up to a boil, then simmer over medium for another 4 minutes.
5. Using a fine mesh strainer, strain the spiced liquid into the measuring cup and stir to combine with the tea.
6. Pour your chai from the measuring cup into your mugs, getting a little height to aerate, and serve.