CHAI

(CHAI IS MANDARIN FOR TEA)

UNIVERSITY OF MARYLAND EXTENSION | SHOP LOCAL EAT SMART

Ingredients:

- 6 Cups Unsweetened Almond or Whole Milk
- ¾ Cup Honey or Agave Syrup
- 8 Small Black Tea Bags, paper and string removed
- 8 Whole Green Cardamom Pods, crushed
- 8 Whole Allspice, crushed
- 8 Whole Black Peppercorns, crushed
- 8 Whole Cloves
- 3 Whole Star Anise
- 2 Sticks Cinnamon
- 1 Vanilla Bean, split lengthwise, seeds scraped and reserved
- 1 (2 in.) Piece Ginger, peeled and thinly sliced
- ½ Whole Nutmeg, crushed



Instructions:

1. Combine milk, honey, tea, cardamom, allspice, peppercorns, cloves, star anise, cinnamon, vanilla bean and seeds, ginger, nutmeg, and 6 cups water in a 4-qt. saucepan.
2. Bring to a simmer and remove from heat.
3. Let mixture steep for about 10-15 minutes. Pour through a fine strainer into a bowl or pitcher.
4. Serve hot or chilled over ice.

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