

Masala Chai Concentrate 8

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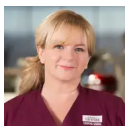
SERVES Makes about 4 cups concentrate

TIME 1 hour, plus 30 minutes cooling



WHY THIS RECIPE WORKS

To avoid dusty sediment in the tea, we crush rather than grind the spices before toasting them. We simmer the spices in water for a full 10 minutes before adding the tea leaves, which ensures that the spices' sweet flavors will hold their o... [Read More](#)



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Chicken Tikka Masala

GATHER YOUR INGREDIENTS

- ☐ 3 (2-inch) cinnamon sticks
- ☐ 1 star anise pod

- ☐ **15** green cardamom pods
- ☐ **2** teaspoons whole cloves
- ☐ $\frac{3}{4}$ teaspoon black peppercorns
- ☐ **5** cups water
- ☐ $\frac{1}{4}$ cup ($1\frac{3}{4}$ ounces) packed brown sugar
- ☐ **1** tablespoon finely chopped fresh ginger
- ☐ **Pinch** table salt
- ☐ **3** tablespoons loose black tea

KEY EQUIPMENT



Fine-Mesh Strainers

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BEFORE YOU BEGIN

A boldly flavored tea such as Assam is ideal for this recipe; alternatively, use Irish or English breakfast tea. If desired, crush the spices using a mortar and pestle.

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INSTRUCTIONS

Place cinnamon sticks and star anise on cutting board. Using back of heavy skillet, press down firmly until spices are coarsely crushed. Transfer to medium saucepan. Crush cardamom pods, cloves, and peppercorns and add to saucepan. Toast spices over medium heat, stirring frequently, until fragrant, 1 to 2 minutes.

2

Add water, sugar, ginger, and salt and bring to boil. Cover saucepan, reduce heat, and simmer mixture for 10 minutes. Stir in tea, cover, and simmer for 10 minutes. Remove from heat and let tea and spices steep for 10 minutes. Strain mixture through fine-mesh strainer. Let cool completely and refrigerate for up to 1 week. Stir before using.

FOR HOT MASALA CHAI: Stir $\frac{1}{2}$ cup concentrate and $\frac{1}{2}$ cup milk together in saucepan and heat to desired temperature, or combine in mug and heat in microwave.

FOR ICED MASALA CHAI: Pour $\frac{2}{3}$ cup concentrate and $\frac{1}{3}$ cup milk over ice in glass; stir to combine.



Recipe developed for the May / June 2020 issue.

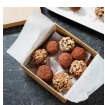
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