

Ayurvedic Kadha Recipe - Masala Chai Premix

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Prep: 5 Cook: 5 Rest: 0 Servings: 1

Ingredients

- 2 tbs ▶ Fennel
- 1 tbs ▶ Cloves
- 150 ml ▶ Water
- 2 tbs ▶ Dry ginger
- 1 stick ▶ Cinnamon
- 1 tsp ▶ Carom seeds
- ▶ Raisins (optional)
- 7 ▶ Black cardamom
- 1 tbs ▶ Black pepper
- ▶ Lemon (optional)

Instructions

1. Prepare Premix

Combine 7-8 black cardamoms, 2 tbsp dry ginger (20g), 2 tbsp fennel (20g), 1 tbsp cloves (10g), 1 cinnamon stick (10g), 1 tbsp black pepper (10g), and 1 tsp carom seeds (5g). Grind into a fine powder. This is your premix.

2. Brew the Tea

Add 3g (approximately 1 teaspoon) of the premix to 150ml of water. Boil for 5 minutes. Tip: Fresh lemon and raisins can be added for extra flavor and cooling effect.

Source: <https://youtu.be/Y8iP4K0ohsQ>