

# Indian Chai Tea Recipe

Chai tea, 'chai' pronounced with a long 'i' as in the word 'tie', is the actual word for tea in many Asian countries. Chai tea is becoming very popular in Australia with exposure to it as 'lattes' in tea houses and coffee shops. I tried it and found it delicious. There are many ways for making Chai tea. This is my own recipe. You may ask an Indian friend or search online for other ways of making it. If you prefer you may buy it ready-made in Indian shops and some supermarkets.

## Ingredients:

For 2 litres of water:

- 10 sticks of cinnamon
- 10 Cardamom seeds
- 4 cloves
- Half an inch (2 cm) of fresh ginger grated or thinly sliced
- 2 Tablespoons of black tea or 9 teabags of your choice; green tea is fine if you prefer it.
- 1 and a quarter cups of milk or more if you prefer the 'latte' style.
- 5 tablespoons of sugar (more according to your taste).

## Method:

- Place water, cinnamon, cardamom, cloves and ginger in a pot and bring to the boil.
- Cover and lower the heat to a low setting and simmer for 10 to 12 minutes.
- Add milk and sugar and return to simmer for another 3 minutes.
- Next, add tea leaves or teabags, remove from heat and cover.
- Let it steep for 3 to 4 minutes and strain or pour. Enjoy!

# Indian Potato Dip

Delicious with chapati!

## Ingredients:

- 2 large potatoes boiled, peeled and mashed.
- 1 large onion chopped very small.
- 2 medium tomatoes chopped very small.
- 1 green chilli chopped very small (optional).
- 4 cloves of garlic grated or chopped very fine.
- 4 table spoons of sour cream
- Salt to taste

## Method

- Put all ingredients into a bowl and mix well.
- Serve with chapatti