

# CHAI TIME



In a few short minutes you can create your own signature chai

Below are a few suggestions however your own experimentation will yield rich rewards

NEPAL MASALA	BENGAL CHAI	ROOIBOS CHAI	MAKE YOUR OWN CHAI
Orange peel, ginger, almond, cardamom, cinnamon and cloves blended with black tea	Authentic Bengali flavours of ginger, cardamom and black pepper added to northern Indian tea	Ginger, cinnamon, pepper, cardamom, liquorice root and vanilla on a rooibos base.  <i>Contains no caffeine</i>	Add your own blend of spices to Assam Soongachi or Pure Rooibos depending on whether you want a herbal or black tea base
<p>RECIPE</p> <p>1 cup Nepal Masala 1 cup Breakfast Tea 1 cup sugar 12 cups hot water 1 tsp peppercorns</p> <p>Cover, simmer 15 minutes without lid and sit overnight to allow flavours to develop. Strain and store in refrigerator. Makes 2 litres.</p> <p>To serve add equal parts chai mix to milk and heat. For a stronger tasting chai use only Nepal Masala and reduce amount of water for chai mix preparation</p>	<p>RECIPE</p> <p>½ cup Bengal Chai ½ cup sugar or to taste 2 cups full cream milk 2 cups water</p> <p>Bring water to boil, add Bengal Chai and sugar, simmer 2 minutes, add milk and simmer further 2-3 minutes, strain and store in refrigerator. Makes around ½ litre although recipe can easily be doubled or tripled.</p> <p>We recommend making with full cream milk as spice flavours adhere to fat content in milk. Alternately make and serve as for Nepal Masala</p>	<p>RECIPE</p> <p>1 cup Rooibos Chai ½ cup sugar 5 cups milk</p> <p>Cover, simmer 3-5 minutes, strain and store in refrigerator.</p> <p>To serve simply add equal amounts chai mix to water and heat.</p>	<p>RECIPE</p> <p>1½ cups Assam Soongachi or Pure Rooibos 1 cup sugar 12 cups hot water 1 tsp peppercorns 1 tsp cinnamon 1 tsp cloves 1 tsp nutmeg 1tbsp vanilla</p> <p>These spices are a guideline only you can use anything that takes your fancy</p> <p>Cover, simmer 15 minutes and sit overnight. Strain and store in refrigerator. Makes around 2 litres.</p> <p>To serve add equal parts chai mix to milk and heat</p>



In India, prepared tea is sold in many varieties, the most famous being 'masala chai', masala being the Hindi word for spice and chai for tea