



Masala Tea Recipe

Serves: 2 people

Boundary Way

Method:

Step 1: Place a saucepan over heat and add 3 cups of water. If you're using a larger pan, add an extra 1/4 cup water to account for the extra evaporation. Add the whole spices: 4 Green cardamom seeds, 2 Black cardamom seeds, 4 Whole Cloves, table spoon of Fennel seeds, & (optional) fresh ginger while the water is coming to a boil.

Step 2: Let all the spices simmer for 5-minutes, then throw in 2 tea bags and reduce the heat to a simmer so the tea and spices have time to infuse the water. Stop and smell the aroma of the spices here.

Step 3: Add the milk and sugar. Once it comes to a boil, lower the heat and allow it to simmer for another 5 minutes or so.

Step 4: Raise the heat to high and allow it to come to a rolling boil for a minute or so, depending on how 'cooked' you like the milk. There is no right or wrong, it simply boils down to preference.

Step 5: Pour into cups through a strainer and discard tea bags & spices.

Step 6: Enjoy! The Health Benefits of Masala Tea: Removes Cold, Flu, Improves Metabolism and Digestion, Drives Away Fatigue, Controls Blood Pressure, Boosts Immunity.....

With thanks to Kom Achall for sharing this recipe with Boundary Way Project. Find the recipe video tutorial at:

www.vimeo.com/boundarywayproject