

# MASALA TEA



Masala tea is extremely popular in India due to its taste and aroma.

It can prevent various types of diseases and keep you healthy.

Masala tea is a blend of several ingredients, including cardamom, ginger, cinnamon, black pepper, and cinnamon. It has strong anti-inflammatory and antioxidant properties, is good for the immune system and aids in the digestive process.

## Ingredients for 2 people

- 350ml of water
- 100ml of fresh or whole milk (it is essential that the milk is not skimmed, or the chai will be not very full-bodied)
- 3 black peppercorns
- 10 lightly crushed green pods of cardamom
- 1 pinch of fennel seeds
- 5 cloves
- 1 small stick of cinnamon
- 1 teaspoon of fresh grated ginger
- 1 packet of strong black tea
- white / brown sugar

## PREPARATION:

- 1.) Put all the ingredients (except the tea) together in a pan and bring to a boil
- 2.) At this point, lower the heat and continue cooking over very low heat for about 15 minutes, then turn off.
- 3.) Add 1 tea bag and leave for 1 to 3 minutes (depending on the desired intensity)
- 4.) Add sugar, filter and serve.

## INGREDIENT GUIDE:



4170 ITS COLOMBO  
Black Pepper Coarse  
100 gr.



0572 ITS  
Green Cardamom  
50 gr.



3605 ITS  
Fennel Seeds  
100 gr.



4175 ITS COLOMBO  
Cloves  
50 gr.



1427 ITS COLOMBO  
Cinnamon Sticks  
50 gr.



3466 ITS COLOMBO  
Ceylon Premium black Tea  
50 buste