

Chai tea will complement your favourite dessert

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Chai tea is the perfect finish to a big meal. The subtle sweet flavour will complement your dessert and soothe your stomach at the same time. Perfect.

Ingredients

Serves 4

Chai Tea

- 1 stick cinnamon
- 2 green cardamom pods
- 1 ¼ litres water
- 2 cloves
- 1 tsp black tea leaves (or 2 teabags)
- 2-4 cm piece ginger, grated
- 1 tbsp honey, or to taste
- 1 ½ cups (375 ml) milk
- Grated dark chocolate or cocoa powder, to serve

Method

Using a mortar and pestle, lightly crush the cinnamon and cardamom (or gently tap them with

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handle of a large knife or rolling pin).

Place the water, spices, tea, ginger and honey in a heavy-based saucepan over medium heat and bring to the boil, then reduce the heat to low.

Simmer for at least 5 minutes – longer if you want a stronger flavour.

Add the milk, then heat for another 2 minutes; be careful as milk can easily boil over.

To serve, strain the tea into cups and top with grated dark chocolate or cocoa powder.

Recipe by Sarah Todd

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