



CHAI TEA - SILK ROAD AREA

Serves 6

6 cups water

6 teaspoons loose-leaf black
tea leaves

6 cardamom pods

1 teaspoon fennel seeds

3 cups milk

sugar or honey (to taste)

- Combine water, tea, cardamom pods and fennel seeds into large saucepan and simmer over low heat for 3 minutes
- Add milk and simmer for an additional two minutes
- Strain tea into cups and add sugar or honey