

Chai Guru Chai

(a Spicy Goat Milk Chai)



6c water · 3c goat milk · 1/4-1/2 C maple syrup · 1" cinnamon stick · 1/3 C grated fresh ginger
7 each: black, white and red whole peppercorns · 7 cloves · 7 allspice (pimento) berries
15 green cardamom pods, OR 1tsp decorticated cardamom · sm pinch ground Nutmeg · Saffron
3 black tea bags OR 3tsp CTC tea OR 6tsp Assam whole leaf grade tea

1. Stop. Breathe. Smile.
2. Fill pot with water and put over high heat.
3. Grate ginger and add to pot.
4. Grind cinnamon, peppercorns, cloves, allspice and cardamom in a mortar and pestle. Add to pot.
5. Grate nutmeg. Add to pot.
6. Bring to boil; reduce flame and simmer for around 15 minutes.
7. Add goat milk, tea and maple syrup.
8. Turn to high heat until it comes to a rapid boil; then remove from heat.
9. Strain into second pot, pour into serving cups, garnish with a few strands of saffron and offer to your Beloved friend.

Make 6 10oz. cups.

