



Garden Fresh Farm Recipes

Masala Chai (Indian Spiced Tea)

This authentic masala chai is a rich, aromatic Indian spiced tea brewed with black tea, milk, and a blend of warming spices like cardamom, cinnamon, ginger, and cloves. Each sip is smooth and creamy with just the right balance of sweetness and spice. Whether sipped slowly on a cold morning or served to friends as an afternoon ritual, this chai brings comfort, warmth, and a taste of tradition in every cup.

Ingredients (Makes 2 cups):

- 1 cup water
- 1 cup whole milk (or oat/almond for dairy-free)
- 2 tsp loose black tea (like Assam or Darjeeling) or 2 black tea bags
- 1–2 tbsp sugar or honey (adjust to taste)
- 1 small piece fresh ginger (about 1 inch), sliced or crushed
- 4 green cardamom pods, crushed
- 4–6 black peppercorns
- 1 small cinnamon stick
- 2 whole cloves
- (optional) 1 star anise or a pinch of ground nutmeg



Directions:

In a small saucepan, bring water, spices, and ginger to a boil. Simmer for 3–5 minutes to release flavors.

Add milk and sugar. Return to a simmer.

Add tea leaves or tea bags and let it simmer gently for another 2–3 minutes (or stronger if preferred).

Strain through a fine mesh strainer into cups.

Serve hot and enjoy!

Tips:

For stronger chai: simmer longer or add more tea.

For creamier chai: use more milk than water.

Adjust spice levels to your liking—chai is all about personalization.