



Sparkle Kitchen

Chai Spiced Milk

Ingredients

- 2 cups milk
- 6 cardamon pods
- 4 cloves
- 1/2 tsp coriander seeds
- 2 cinnamon sticks
- 4 peppercorns
- 2 slices ginger
- 1/2 of one nutmeg, grated
- 2 tsp vanilla
- 2 T Assam Tea (optional)
- 1 T honey (optional)

Directions

Measure 2 cups of milk into a saucepan. Gently crush the cardamon, cloves, coriander, cinnamon, and peppercorns with a mortar and pestle, or with the back of a knife. Add those spices into the milk, along with the sliced ginger, grated nutmeg, and vanilla. Bring the milk to a gentle boil, stirring frequently, then let it simmer for about 5 more minutes. (If you want to add tea, measure in about 2 tablespoons, and let simmer for 2 more minutes.)

Remove the pan from the heat, and use a fine sieve to strain off the solids. Give the spiced milk a taste. If you'd like it a little sweeter, feel free to add a dollop of honey. Then, whisk the milk to make it just a little frothy, and grate a few more sprinkles of nutmeg on top.

Enjoy!