

## **Making Chai Tea**

by Angie Ouellette-Tower

<http://godsgrowinggarden.blogspot.com/>

2 Cinnamon sticks

1 teaspoon of black peppercorns (whole)

1/2 teaspoon whole cloves

1 star anise

2 dried cayenne peppers (or chili peppers) (If you don't like spicy hot - then you may omit this pepper - it's so good for you though!)

1 small lump of fresh ginger root (washed and any bad spots cut out)

Place all of these ingredients in a stainless steel pot and cover with 5 to 6 cups of filtered water. Boil for about 10 minutes and then turn off the burner. Allow this tea to steep overnight on the back of the stove (**Make sure that your burner is turned OFF!**). Then the next day your tea is ready for drinking - simply warm it up when you desire. Add a little more water whenever you take some tea out and keep it topped off and ready for the next time you want some Chai Tea.

After 2 weeks you will need to start from scratch again with new and fresh ingredients - and the initial steeping overnight is only done that first time - at the beginning of a new batch (once every 2 weeks).

This tea is great with some half & half cream and some honey!

**ENJOY!!**