



Chai Tea with Milk



Ingredients

10 whole green cardamom pods, lightly crushed

5 whole cloves

2 cinnamon sticks

1 piece fresh ginger (about 2"), peeled and quartered

1/2 vanilla bean, split lengthwise and scraped

1/3 cup honey, plus more for serving (optional)

2 bags black tea

1 1/2 cups milk

Place 3 cups water in a small saucepan; add cardamom, cloves, cinnamon, ginger, and vanilla bean and scrapings. Bring to a boil over high heat. Reduce heat to low; simmer until mixture is aromatic, about 15 minutes. Whisk in honey; drop tea bags in pan. Turn on heat, and let steep 3 minutes.

Strain tea through a fine strainer or a coffee filter into a warmed serving pot. Heat milk in same saucepan over medium-high heat (about 3 minutes). Do not let milk come to a boil because it will separate. Pour into serving pot with the tea, and stir well to combine.