Chai tea mix

2 cinnamon sticks
2 tbsp green cardamom pods
1 tsp fennel seeds
1 tsp coriander seeds
½ tsp whole red peppercorns
½ tsp whole black peppercorns
½ tsp whole cloves
3 tbsp candied ginger
3/4 cup loose black tea

Preheat oven to 350F.

1. Add the cinnamon stick, cardamom, fennel, coriander, red and black peppercorns and cloves to a baking sheet. Place the baking sheet in the oven and toast the spices. This will take about 5min. Remove from the oven and cool completely.
2. Place the cooled spices in a mortar and pestle and crush spices until they crack and break into small pieces. Alternatively, put the spices in a small sealable bag. Use a rolling pin to firmly but gently crush the spices.
3. Add the candied ginger and black tea and mix well.
4. Spoon the mixture into a container.

Attach the instructions

How to brew

- Place 1 tbsp of the chai mixture in a tea ball or tea bag.
- Add one cup of boiling water and steep for 5min.
- Stir in honey and top with ½ cup milk.

Tip: Black tea includes Darjeeling, English breakfast or my favourite addition Early Grey.

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