

# Indian Chai Tea Party



## Masala Chai Tea

Actress Dame Judi Dench spent time in India while working on *The Best Exotic Marigold Hotel* films. She said: “I’m delighted to lend my support to the SPANA World Tea Party. I fell in love with India while filming there and one of my favourite discoveries was the sweet and spicy taste of a cup of authentic chai tea. Everyone should give this delicious recipe a go and host their very own Indian chai tea party to help working animals. I saw first-hand just how important these animals are to the families that rely on them for the small income that they provide, and SPANA’s work to care for and protect them is both inspiring and essential.”

### Top tips

- Make some sweet treats to go with your chai tea, why not try our recipe for coconut ladoos?
- If you want to add a savoury touch, why not buy some bite-sized samosas or onion bhajis? You could even have a go at making your own!
- Add a splash of colour to your party by decorating your table with vibrant Indian fabric.





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#### Ingredients:

**Makes: 4 cups**

- 450ml (15 fl oz) water
- 450ml (15 fl oz) milk
- 4 black peppercorns
- 10 green cardamom pods
- 4 whole cloves
- 1 cinnamon stick
- 1 teaspoon fresh ginger, peeled and roughly sliced
- 4 black tea bags or 4 tablespoon loose black tea
- sweetener such as sugar or honey, to taste

#### Instructions:

**Prep: 5min › Cook: 10min ›**

**Ready in: 15min**

1. Lightly crush the spices together in a bowl.
2. Heat the water in a saucepan until it comes to the boil.
3. Add the spices and simmer for about 5 minutes.
4. Add the milk and simmer again briefly.
5. Add the tea and then remove from the heat. Allow the mixture to steep for a couple of minutes.
6. Poor into cups using a mesh strainer and add sweetener to taste.

#### Notes:

- Chai tea recipes vary across India. This is just one example but you are free to vary these ingredients, adding or removing items to suit your own tastes.
- Use soya milk instead of regular to make vegan chai tea!
- To save time you could make up a batch of dried spice mix which can be stored in an airtight container for several weeks. Either replace the fresh ginger with dried or add the fresh ginger when brewing the tea.



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