# rooibos chai

## Family Chef: Maggie McMahon

#### Ingredients:

* 1tbsp rooibos tea
* 1tbsp cardamom powder
* ¼ tbsp ground black pepper
* ½ tbsp dried ginger chunks (see pgX) OR ¼ tbsp ginger powder
* 1 clove OR ½ tsp clove
* 1 whole cinnamon stick OR ½ tbsp ground cinnamon
* 4-5 dried orange slices (see pgX) OR omit if preferred
* Water
* Optional – Sweetener and/or milk

#### Instructions:

1. Combine all ingredients in a small bowl and mix thoroughly.
2. Put the water into a medium saucepan or teapot. Bring to a boil.
3. If making a whole pot of tea, add the full mix. If only making a single cup, add 1- 1 ½ tablespoons of the mixture. I recommend measuring the water with the cup you will use: 1 ½ – 2 cupfuls to account for evaporation.
4. Reduce the heat and simmer for about 15 minutes. It should be low and there should only be small little bubbles around the edges. Keep an eye on the water level while simmering to ensure it doesn't evaporate or get too low.
5. Once the time is up and the taste is to your liking, remove from the heat. Some people will like the mouth feel of it not strained, and some will find it quite bothersome. If that is something that is unpleasant to you, I highly recommend straining this tea through a fine mesh sieve, coffee filter, or cotton/muslin cloth. Most of the ingredients are very tiny and are hard to catch with a sieve.
6. Add sweetener of choice, as well as any milk you prefer. We think honey and oat milk taste really good in this tea.
7. Enjoy!