INDIAN · DRINK

Cardamom and Ginger Masala Chai

10 min · Makes 2 × 1 cup (180 ml) · 101 kcal a portion · Video 3:05 · AnitaCooks

Vegetarian · Gluten-free ingredients · Nut-free

Real milk chai with just 6 g of added sugar a cup (half a tablespoon), with fresh ginger and cardamom for flavour. Whole milk gives it about 4 g of protein and over 10% of a day's calcium a cup.

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Ingredients

5 · MAKES 2 × 1 CUP (180 ML)

- [ ] 4 **green cardamom pods**, crushed (strained out)
- [ ] ½ inch piece **fresh ginger**, peeled and cut up (strained out)
- [ ] 1 cup whole **milk**
- [ ] 1½ tbsp **loose black tea leaves**, brewed in 1 cup water (leaves strained out)
- [ ] 1 tbsp **sugar** (or 2 tsp for less sweet)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Crush 4 green cardamom pods to a powder in a mortar and pestle. Peel about ½ inch of fresh ginger and cut it up. 0:20
2. Pour 1 cup water and 1 cup whole milk into a steel pot, add the ginger and cardamom, and bring to a boil, stirring now and then and watching that it doesn't boil over. 0:40
3. When it bubbles, add 1½ tbsp black tea leaves (1 tbsp for milder tea). Let it come back to a boil, then lower the heat and simmer for 3 minutes. 1:06
4. Stir in 1 tbsp sugar until dissolved and turn off the heat. Strain into a jug with a spout; you get about 12 oz. 1:28
5. For froth, 'pull' the tea: pour it from a height between two cups a few times, over the sink. It cools and turns foamy. Serve in two cups. 2:26

> **Tip** Use 2 tsp sugar instead of 1 tbsp to cut the added sugar to 4 g a cup, or leave it out. Don't use skim milk; it makes the chai thin and watery.

The method is a summary in our words — the video shows every step.

One portion, 1 cup (180 ml), gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
101 kcal	4 g	12 g	0 g	4.1 g	60 mg
420 kJ	8% of a day	12 g net · 12 g sugars	0% of a day	2.4 g saturated	3% of a day
		5% of a day		5% of a day	

Energy from net carbs 47% · protein 16% · fat 37%

High in (20%+ of a day) Vitamin B12 23%

Source of (10–19%) Calcium 11%

Recipe and video: AnitaCooks (@AnitaCooks) on YouTube — youtube.com/watch?v=JuK-RtjLOfc, published 21 May 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cardamom-ginger-masala-chai