

Charlie's Chai

I call this tasty drink “Charlie’s” Chai named after my staff photographer. Charlie’s face lights up when I offer to prepare a batch during a long day of shooting. Chai is a hot tea beverage that comes from India, deliciously sweet and spicy. Its rich flavor is a great substitute for coffee addicts trying to kick the habit! If you want to have a cup each morning, brew triple the batch and store in an air-tight container in the fridge for up to one week.

Serves 2

Ingredients

1/4 cup of water
2 tablespoons sugar
1 2-inch piece of fresh ginger, washed and thinly sliced
6 whole peppercorns
3 green cardamom pods, lightly crushed
2 tablespoons loose black tea, like English breakfast or Irish breakfast
2 cups non-fat, skim milk

Directions

In a small saucepan, bring the water, sugar, ginger, peppercorns, and cardamom pods to a boil. Stir in tea and milk and bring to a near boil. Strain and serve in coffee mugs.