

BY SEBASTIAN MASHI, ART DIRECTOR AT LIBERTY

MASALA CHAI

INGREDIENTS

Saunf (fennel seeds) - Elaichi (green cardamom pods) cracked open - Laung (whole cloves) - Nugget of fresh ginger - Gorr (jaggery cane sugar) - A robust loose-leaf black tea works best. My preference is Yorkshire Tea. Assam & Darjeeling teas are ideal. - Whole milk. Replace with Jersey full cream milk for an extra indulgent treat.

INSTRUCTIONS

1. Begin by warming a cup of water in a deep saucepan. Meanwhile, lightly crush the fennel seeds, cardamom pods and whole cloves, and place into the pan of warming water. Add in the nugget of ginger and muddle to release aromas.
2. Bring to a high simmer, then simmer on low heat for another 5 to 10 minutes. Turn off heat. Add the loose-leaf tea and let it steep for at least 5 minutes. Return the saucepan to heat, adding the milk. Bring to a simmer once more, then turn off the heat. Overboiling will burn the milk and make the tea bitter, so treat with care.
3. Stir in the gorr (sugar), adding more to taste. Strain the tea into a jug. Aerate the tea, pouring it from one jug into another, creating tea ribbons from a height, thickening the milk, muddling the spices and creating a frothy top.
4. Pour and serve/enjoy.