Indian Masala Tea

Traditional spiced Indian tea brewed with fresh ginger, crushed green cardamom, black tea leaves, and calibrated milk portion.

SERVINGS	PREP TIME	COOK TIME	CALORIES (TOTAL)	PER SERVING
1 Person	5 min	7 min	62 kcal	62 kcal

NUTRITIONAL COMPOSITION (1 SERVING)

PROTEIN	CARBS	TOTAL FATS	DIETARY FIBER
2.1 g	8.4 g	2.2 g	0.2 g

INGREDIENTS CHECKLIST (1 SERVING)

- **Water** — 1.5 cups (300 ml)
- **Cow Milk (Toned)** — 0.5 cup (120 ml)
- **Black Tea Leaves (CTC)** — 2 tsp (5g)
- **Fresh Ginger (Adrak)** — 1 inch (crushed)
- **Green Cardamom (Elaichi)** — 2 pods (crushed)
- **Raw Jaggery / Desi Khand (Optional)** — 1 tsp (5g)

STEP-BY-STEP COOKING INSTRUCTIONS

1. **Boil Water with Crushed Spices**
   In a stainless steel saucepan, bring 1.5 cups of fresh water to a rolling boil over medium-high flame. Add coarsely crushed ginger and cardamom pods.
2. **Add Tea Leaves & Infuse**
   Add 2 teaspoons of CTC black tea leaves. Reduce flame to medium-low and simmer gently for 2 minutes to extract the deep amber color and polyphenols.
3. **Pour Milk & Bring to Frothy Boil**
   Pour in 0.5 cup of toned cow milk. Bring the mixture to a slow rise, then lower flame as it reaches the rim. Repeat the rise twice for rich texture.
4. **Strain & Serve Fresh**
   Turn off the heat. Pour the tea through a fine-mesh stainless steel strainer into ceramic cups or traditional kulhads. Serve hot immediately.

CHEF & CLINICAL TIP:

Crush the ginger and cardamom pods coarsely in a mortar rather than grating; this extracts essential digestive aromatic oils without releasing harsh bitter compounds into the liquor.