

Coconut Chai Tea

It's important to point out that my method below is NOT authentic. I am not Indian, nor are my ancestors Indian, but I do know that making chai is a time-honored process that involves boiling milk along with water and steeping spices and loose tea leaves for a Long Time. This is my quick and dirty version. My apologies to true chai aficionados. I hope we can still be friends.

Makes 1 cup

1/3 cup 2% milk (or milk of your choice)

1 tea bag (I use Trader Joe's decaffeinated black, but use what you like)

Large pinch UNSweetened toasted coconut shreds

2 cloves

3 to 4 whole cardamom pods, smashed gently with a meat mallet, rolling pin, or some such

Sugar, to taste

Place the milk in your favorite large mug and microwave for 30 seconds until hot.

Place some cold water in a kettle (as much as you'd normally use for tea) and bring to a boil. Place the tea bag, coconut, cloves, and cardamom pods in a glass (Pyrex) measuring cup. Just as the water comes to a boil, pour about 1-1/4 cups of it over the tea and spices. Let steep for about 4 minutes, depending on the type of tea you use and your preferred strength. Place a small strainer over your mug and strain the tea into the mug. Add sugar to taste, and stir.