

Indian Chai Tea

(India)

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Chai is an Indian tea that is over 5,000 years old. It's really delicious and everyone makes their chai differently! Want to learn more? Read below to learn about the history of India, history of chai, how to make your own chai drink, and some helpful tips.

The History of India

Historically, India is an ancient land with a continuous civilization of 5,000 years. It is rich in tradition, culture, and is one of the leaders of industrialized nations in the world. India gained independence on August 15, 1947, and the country is divided into 25 states and 7 Union territories. Indian cuisine also dates back 5,000 years, with each region having its own tradition, religion, and culture that influence its food.

The History of Chai

How did chai become such a popular tea? A while ago, the king of India had a desire for a tea used for healing. Each of the ingredients have beneficial properties that could be used for medicinal practice. Some of the properties include mood elevation, digestion, and pain relief. Only thousands of years later did milk and sugar become popular additions to chai. Today, people add many different spices and ingredients to make the tea taste better.

How Can I Make Chai Tea?

Chai is very simple to make and also customizable. **KEEP IN MIND:** If you have tea leaves, then ingredients are different versus tea bags. Look at the ingredients carefully.

Ingredients:

2 teaspoons chai tea leaves or 1 tea bag (You can get these at a grocery store.)
2 teaspoons sweetener (I use white sugar. Tea bags might already have sugar.)
1 cup milk for tea leaves, desired amount for tea bags
Desired amounts of spices (cardamom, cinnamon, cloves, ginger, nutmeg, vanilla, etc.)

Making chai with tea bags versus tea leaves lead to different processes. Follow the instructions whether you have tea bags or leaves.

Instructions:

For Tea Bags:

Follow the instructions on the box to make the tea.

Add in sugar while hot to make sure it dissolves.

Pour in milk.

Add spices of your choice (keep in mind that your tea bags might already have spices added).

Add ice (optional).

For Tea Leaves:

Pour milk into a small pot on medium heat.

Add in tea leaves and sugar.

Mix the tea leaves/sugar with the milk and let sit on the stove (keep an eye on it because it can boil over).

Once it has become a light tan color, turn off the stove.

Pour the chai over a strainer into your cup to take out the tea leaves.

Add spices (my tea leaves come with spices added in them already).

Add ice (optional).

Tips: There is no perfect chai recipe. If you feel like there can be more flavor, add more chai leaves/steep your tea bag for longer. If you think it could be less sweet, add less sugar. Play around with the recipe to your liking.

If you add ice to your chai, add more tea leaves/steep your tea bag for longer. The chai will be more flavorful, but the ice will water it down a bit. This makes sure that the ice doesn't completely water down the tea.