

Vanilla Cardamom Chai Latte

A western style Chai Latte made with classic Indian Chai spices cardamom, cinnamon and nutmeg, along with the addition of fragrant vanilla. Perfect for any day of the year; though the spicy brew is especially warming during winter months.



Total Time

20 mins

Servings: 2

Ingredients

- 3 cups water
- 6-7 whole cardamom lightly crushed to release flavor (OR ½ teaspoon ground cardamom)
- ¼ teaspoon ground nutmeg
- 1 cinnamon stick about 2 inches
- 2 teaspoon sugar or use sweetener adjust to your taste
- 2 teaspoons loose black tea leaves or 2 tea bags
- 1 teaspoon vanilla essence
- 1 cup milk more if desired

Instructions

1. Start by boiling the spices - cardamom, nutmeg and cinnamon in the water. Also stir in the sugar at this stage. Let the spices boil in the water and infuse the tea liquid for 4-5 minutes.
2. Add the loose black tea leaves or tea bags. Let the tea brew on a medium flame for 3-5 minutes.
3. Turn off the flame, stir in the vanilla essence and let the flavors blend for a few minutes. Then strain the tea liquid; discard the spices and tea leaves.
4. For best results, this liquid can be used immediately to make a fresh cup of Chai Latte. Alternately, the prepared Chai mixture can be refrigerated in an air tight container for 2-4 days, beyond which it loses most of its good flavor.
5. To make the Chai Latte: Heat ½ cup of milk or more if you prefer it milkier, in a tea mug. Use a 'milk frother' like this one I use to create foam over the hot milk.
6. Handy tip: In case you have a milk steamer on hand, like the one on your coffee machine, use it to steam and froth the milk in one step.
7. Add ½ cup of the hot prepared Chai mixture to the frothed hot milk. Stir and enjoy a steaming cup of Chai Latte.

Notes

Whole Spices: If you don't have any of the whole spices above, use smaller quantities of their ground (powdered) version.

Milk and Sugar:In addition to unbeatable fresh flavor, one of the greatest conveniences of a custom homemade Chai Latte is better control over the amount of milk and sugar. Adjust the quantity of both these ingredients in the above recipe to your desired levels.