

Cider Chai

Non-alcoholic. Perfect to cozy up by the fire with on cold winter nights.

Ingredients



- 1 Mighty Leaf Tea Bombay Chai tea pouch
- 2 cups Apple juice (not from concentrate)
- 1/2 tsp. Whole cloves
- 1/8 tsp. Freshly ground nutmeg
- 1 1/2 Broken cinnamon sticks
- 1 Small orange cut into 4 sections
- 1/4 tsp. ground cinnamon.

Preparation

Brew 1 tea pouch of Bombay Chai in 12 oz. of boiling water for 4 minutes.

Remove and discard spent tea pouch. Pour contents into a medium-sized pot.

Next, add the apple juice, cloves, nutmeg, cinnamon and cinnamon sticks. Muddle the juice of the oranges into the pot and then drop the oranges in as well.

Let simmer on stovetop for about 15 minutes for spices and flavors to richen, then serve.

Serves Serves 4 8 oz. glasses or 2 12 oz. glasses.

History

In many parts of the world, people use Chai as a generic word for tea. However, the original Chai, a mixture of black tea, milk, sugar and spices hails from India. Although the word derives from ch'a (a Chinese word for tea), Chai has been drunk in India for over 5000 years.

According to one legend, an ancient king invented the exotic concoction and protected the recipe as a national treasure. In another story, a royal family's doctor who probably ascribed to the Hindu natural healing system called "ayurveda" prepared variations specific to individual's health needs.

Regardless of the story, Chai's origins can be traced back to Ayurvedic medicine where people used tea, spice and herbs as a health tonic to remedy, among other ailments, indigestion and lethargy.

Today, Chai is India's most popular everyday drink and is served in roadside stands, bus and train stations and in public markets. Street vendors called "wallahs" serve Chai in tiny cups with plenty of milk and sugar. Chai recipes differ depending upon location and many families pride themselves on secret recipes handed down from generation to generation. Cardomom, the "Queen of Spices" in India, is one ingredient almost used in all Chai preparation.

Origin

India, United States.