



Modern Indian Cuisine

Roti's Chai Masala



8 servings

Ingredients

- 6 cups water
- 8-10 green cardamon pods
- 6 whole cloves
- 3 large cinnamon sticks
- 1 bay leaf
- 2-3 tsp fennel seeds
- 2 tsp fresh ginger, grated
- 3 Tbsp Indian black tea (of good quality)
- 1 cup whole milk

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Cooking Method

- I. Pour fresh filtered water in a three quart sauce pan. Place cardomon pods, cloves, cinamon sticks, bay leaf, fennel seed and fresh grated ginger in the water. Add 1 to 2 Tbsp sugar if desired and bring all to a rolling boil.
- II. Reduce water to simmer and add black tea. Steep all 4 to 5 minutes.
- III. Pour tea and spices through a metal mesh strainer to remove solids into another pan of similar size.
- IV. Add the milk and one fresh cinnamon stick. Bring to a boil, then reduce to simmer for two minutes. Pour into 8 oz cups for serving and enjoy!

Suggestions

You may use a lower fat milk, and more or less sugar for desired sweetness.

Enjoy!

Roti is located at
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