

Kevin's Anti-Inflammatory Tea

Kevin's way of making Chai Tea, Indian style, that is heavy on the turmeric.

1 ½ cups water

1 level teaspoon black Assam tea (Deep brand is common in Indian grocery stores)

1 grind fresh black pepper

1/3 teaspoon turmeric

2 green cardamom pods

2 cloves

2 pinches green fennel seeds

¾ teaspoon chopped fresh ginger

1 splash of milk

Honey or sugar to taste

In a pot add tea, black pepper, and turmeric to the water. Begin to heat. Then in mortar & pestle mash up the cardamom pods, cloves, and fennel seeds for 5-15 seconds. Throw into water. Coarsely chop up the fresh unpeeled ginger about the size of half of your little finger. Add the ginger and the milk to the pot. Gently simmer for at least 10 minutes. Go do something else. I let a milk film form on the top of the tea. When the milk curdles, the results are very smooth. Into a mug strain the mixture through a tea strainer. Sweeten and enjoy.

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Recipe Courtesy of Kevin Berry, MD